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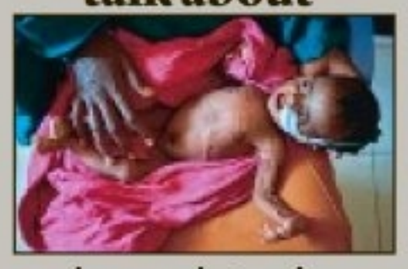
Calgary metro

Your essential daily news | MONDAY, MARCH 27, 2017

High 11°C/Low -1°C Mostly cloudy

FOCUS ON FAMINE

'It is the disaster we don't want to talk about'



Canada needs to do more, says Vicky Mochama, metroVIEWS

Kelly Fedorowich wants to be the fastest woman in Canada, and is hoping her top fuel dragster will take her from zero to 300 even faster.
AUTUMN FOX/FOR METRO

The need for *real* speed

Meet the Calgarian who's revving up for a land-speed record

metroNEWS

All options on table for city injection sites

DRUGS

Fixed locations and mobile units being considered

Elizabeth Cameron
For Metro | Calgary

When it comes to Calgary's future supervised consumption sites, nothing is off the table.

The Calgary Coalition on Supervised Consumption (CCSC) is currently in the middle of a needs-based assessment to determine exactly where and what the sites should be.

Leslie Hill, the executive director at HIV Community Link who sits on the CCSC, said they're exploring all options, including fixed locations and mobile units.

She said the sites are proven to decrease the rates of death, sexually transmitted infections and blood-bourne diseases. Staff at the sites will be able to connect users with opioid replacement therapy, detox facilities, mental health supports and more.

"The public health responsibility is to help (those with addiction) minimize the impact of their use and support them," Hill said.

She added public education is critical to mitigate fears about the sites because the myth that the sites increase drug use or crime rates simply isn't true.

"If this was any other service, it wouldn't even be a question," Hill said. "They're a treatment people shouldn't be denied."

Mike Ellis, MLA for Calgary-West, said his constituents have expressed they want to help those struggling with addiction, but said wrap-around supports that link users to long-term care options are essential to getting a stamp of approval from Albertans.

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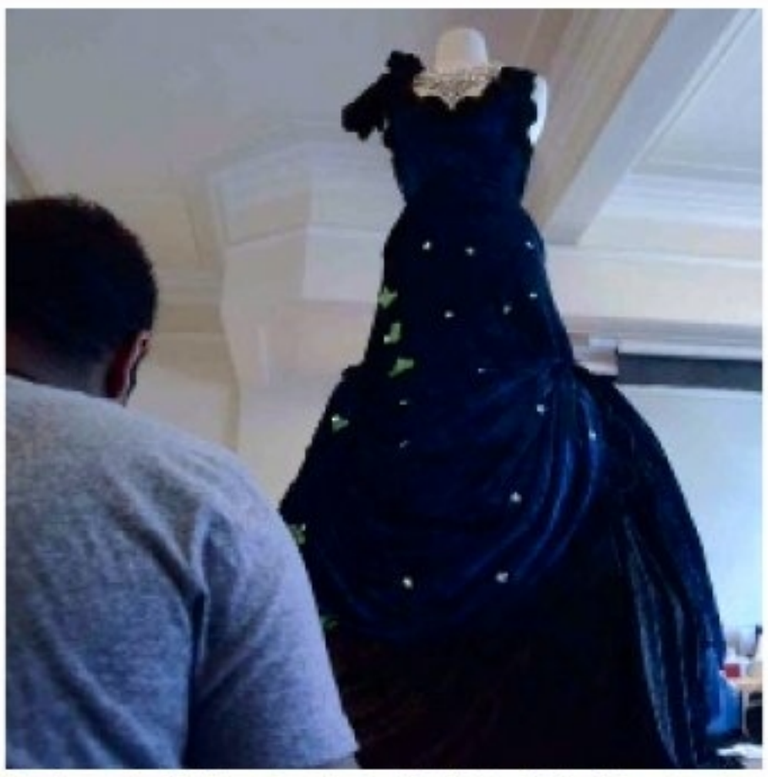
metro NEWS

Your essential daily news

Two teens were barred from a flight for wearing leggings, angering online commenters. **World**

Matt Laprairie fits carbon fibre moulds to model Alexandra Catrina.



Engineer Teddy Seyed works on the lights behind the stars in the Artemis dress.

Kenzie Housego, Sophie Amin and Stacey Morgan show off their cutting-edge tech dress. AARON CHATHA/METRO

Fashion-forward technology

DESIGNERS

Wearable, subtle displays the focus of tech event

Aaron Chatha
Metro | Calgary

This year's MakeFashion designers are emphasizing the fashion aspect of the tech dresses.

In previous year's dresses have been filled with dazzling arrays of lights and technology — and don't worry, that's not going anywhere — but some designers are focusing on tech dresses that don't stand out as tech dresses.

Subtlety is the keyboard word here, with outfits that could be worn off the runway, on a nice night on the town.

Leading the charge is veteran designer Matt Laprairie, who's making three dresses from this year's gala.

The first two are actually made from carbon fibre, a tough material that requires individual moulds of all the pieces, which are then put together (into a corset or other clothing) afterwards.

The first is a white ice wedding dress, that has 900 diamonds encrusted into the carbon fibre. It uses fibre optic fabric, which looks like a normal dress in the light — but transforms into a sleek, shimmering dress thanks to embedded lights when its dark.

"If you were just to look at the dress, you would never ever know it was a tech dress," said Laprairie. "It's first and foremost a sharp design in the light."

The other two dresses follow a similar design — look great first, with sleek elements of tech embedded into them. But tech is still very important — one of the other dresses communicated with a crown to synchronize lighting between the two of them.

Erikka Moojelsky, a clothing designer who's working with MakeFashion for the first time this year, is taking things a bit bolder.

She's putting together a dress inspired by Artemis, the Greek goddess.

"I wanted to do a really beautiful, Disney-type princess gown. But I wanted something different — but luckily I had a really good friend, Kitami, who's a violinist," she laughed. "Artemis was a hunter, and she hunted with a bow. So, the violin, the bow — it all pulls together."

The dress, which has stars sewn into it, doesn't immediately look like something with a lot of tech in it.

But when the violinist starts to play, the dress reacts to the sound, changing the lights based on the tempo of the music.

Moojelsky's dress has been chosen to close out the show.

GLOBAL PRESENCE

Make Fashion is an annual gala showing off the latest in technology meets wearable design. Previous designers, like Matt Laprairie and Kenzie Housego have gone on to feature their designs on runways around the globe, in countries like France, Germany, Japan and China. Launched in 2012, MakeFashion helps make introductions between designers and engineers to fuse the high-tech and high fashion. In addition to local designers, the event also brings in fashion-forward creators from the U.S., China, India and more. This year's gala takes place at the Telus Spark Science Centre on April 1. For more information, visit www.makefashion.ca.

5 THINGS TO CHECK OUT AROUND THE CITY THIS WEEK

From federal visits to hiring fairs, this is what's up for the last week of March. Remember, Saturday is April Fool's Day. But rent's still due, despite your landlord trying to be hilarious. ELIZABETH CAMERON FOR METRO

1 Finance Minister in town

This is sure to be all over your newsfeed tomorrow: After tabling a federal budget last week, Finance Minister Bill Morneau is in town to visit the Calgary Chamber of Commerce. He is expected to talk about the federal government's plans to support Alberta as we recover from the low price of oil, and how the latest budget will impact businesses in Calgary. **March 27, Hyatt Regency Calgary**

THE CANADIAN PRESS

CONTRIBUTED

Canada's watershed Moment 2

Written by Montreal-native Annabel Soutar, The Watershed is a documentary play that explores Canada's 'watershed moment' as our country pursues both economic prosperity and environmental sustainability. A collaboration between Porte Parole and Crow's Theatre, The Watershed opens at Theatre Junction Grand on Wednesday and runs for just four nights. Regularly priced tickets are $45, but students and under-30's can catch the action for $20 and $30, respectively. **March 28-April 1**

METRO FILE

5 Child Intervention Panel meets in city

PC Alberta interim leader Ric McIver is on the panel. THE CANADIAN PRESS

An all-party panel meets in Calgary Thursday to continue their review of Alberta's child intervention system, which watches over more than 10,000 children and youth in Alberta.

The panel was announced in December after the government came under fire for a mishandled investigation into the 2014 death of a four-year-old girl named Serenity.

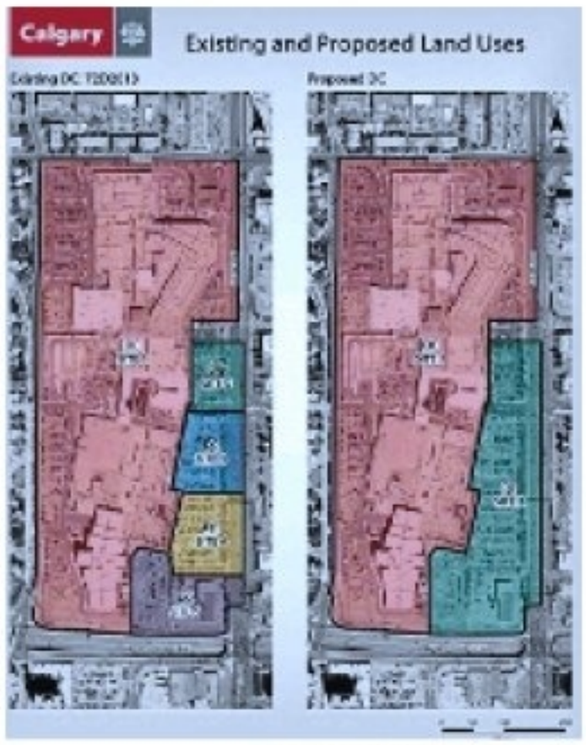
The meetings are open to the public 'whenever possible,' according to the provincial government's website. **March 30, 9 a.m. to 4 p.m. at Suite 100, 2323-32 Ave NE.**

3 Youth Hiring Fair

If you're 15-24, bring your resumé to the Youth Employment Centre's Youth Hiring Fair 1:30 to 6 p.m. Tuesday. Full-time, part-time, and seasonal opportunities are available. Be ready for on-the-spot interviews and make sure you're dressed professionally. **March 28, Big Four Building at Stampede Park**

Chinook Centre redo 4

Chinook Centre has applied for a major overhaul that could replace the parking lots adjacent to Macleod Trail with storefronts and cafés. The land use amendment application from Cadillac Fairview would include a flyover from northbound Macleod into the second level of a future above-ground parkade. Public input on this land use amendment application is being accepted online **until March 28.**



CONTRIBUTED/CITY OF CALGARY

FIRST NATIONS

Blackfoot Confederacy, Alberta sign historic protocol agreement

Elizabeth Cameron
For Metro | Calgary

The province has inked another protocol agreement with First Nations in Alberta, this time with the Blackfoot Confederacy.

Chiefs from the Blood Tribe, also known as the Kainai First Nation, the Piikani Nation, and the Siksika Nation, joined Premier Rachel Notley on Friday to sign the Alberta–Blackfoot Confederacy Protocol Agreement, which lays out a formal process for the provincial government and the confederacy to collaborate. Each nation in the confederacy has about 25,000 members.

At the signing ceremony, the premier said she will be meeting annually with the chiefs to discuss progress on areas such as economic development, the environment and implementation of the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP). They will also collaborate to find ways of addressing cultural, social, political and legal issues.

A $375,000 grant will be provided by the provincial government to support the agreement's implementation.

Chief Joe Weasel Child from Siksika Nation said he is looking forward to developing and diversifying the economy for the benefit of both the Blackfoot and Albertans.

> **Treaty 7 belongs to all Albertans.**
> Chief Joe Weasel Child

"When Treaty 7 was entered into, it allowed for the completion of the Canadian Pacific Railway which linked Canada from coast to coast and enabled confederation — therefore Treaty 7 belongs to all Albertans," said Weasel Child.

The agreement, which will remain in place indefinitely, is the second to be signed by the province and First Nations — the Alberta–Treaty 8 First Nations Protocol Agreement was signed last spring.

PUBLIC POLICY

No term limits for councillors ... yet

Helen Pike
Metro | Calgary

When a University of Calgary School of Public Policy study surfaced about municipal politician's enjoying long, uninterrupted, careers in governance it created quite the buzz.

People took to social media, Twitter and Facebook – some like Jeromy Farkas, who is running for Ward 11 suggested set terms for municipal politicians.

Municipal-level terms exist in the United States. Places like New York City impose term limits for mayors.

Duane Bratt, political scientist and professor at Mount Royal University said there are no term limits in Canada, and there aren't really terms at the councillor level in the U.S. either.

He said groups have proposed it, and the idea never gets very far in Canada.

"The benefit is to have a constant influx of new people and that it should be temporary position, it shouldn't be a lifetime position," said Bratt.

The report didn't suggest it was a negative thing, having politicians around for an average of 15 years, but did underline that local media was less likely to report on issues, and that conversely politicians were less likely to highlight.

As for how term limits would come to be in Calgary, that's up to the provincial government to decide – and they're not currently planning changes until after this municipal election.

The process works like this: they get feedback from citizens, they look into the feedback and conduct public consultations.

But ultimately, to have term limits for municipal politicians the province would have to table changes to the Local Authorities Election Act (LAEA).

"We are always reviewing our legislation to ensure it is modern and responsive to the needs of Albertans," wrote Shannon Greer, press secretary for Municipal Affairs Minister Shaye Anderson.

"In consultation with Alberta's municipal leaders it was determined that large-scale changes to the LAEA would be too difficult to implement in time for the elections this fall."

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One-man show explores male feminist experience

LIVE PERFORMANCE

Artist explores masculinity in new play — The Golden Penis

Aaron Chatha
Metro | Calgary

Feminism — it's not just for women anymore.

Whether that's a revelation or (hopefully) not, Calgarian Mark Ikeda is hoping to explore the male feminist's outlook on contemporary masculinity through his new physical performance piece The Golden Penis.

Ikeda already has a number of artistic accolades under his belt: training at One Yellow Rabbit, serving as the artistic director of MoMo Dance Theatre and was named the 2015 Enbridge Emerging Artist Award winner.

But this piece, which communicates its point through theatre, dance and spoken word, is about a more personal topic, which he feels deserves further exploration.

> **I realized I didn't know what it is to be a strong male, never mind a female ally.**
> Mark Ikeda

DETAILS

- The Golden Penis performance runs from April 13 to 15 at the West Village Theatre.

"I feel it's in the collective consciousness a little bit already, of what it is to be a feminist, and a male ally," Ikeda explained.

"As I was trying to engage in that way, I realized I didn't know what it is to be a strong male, never mind a female ally."

Ikeda digs deep down the rabbit hole of a very broad topic, but he said he's not afraid to dive deep into the dirty, gross parts of being a man.

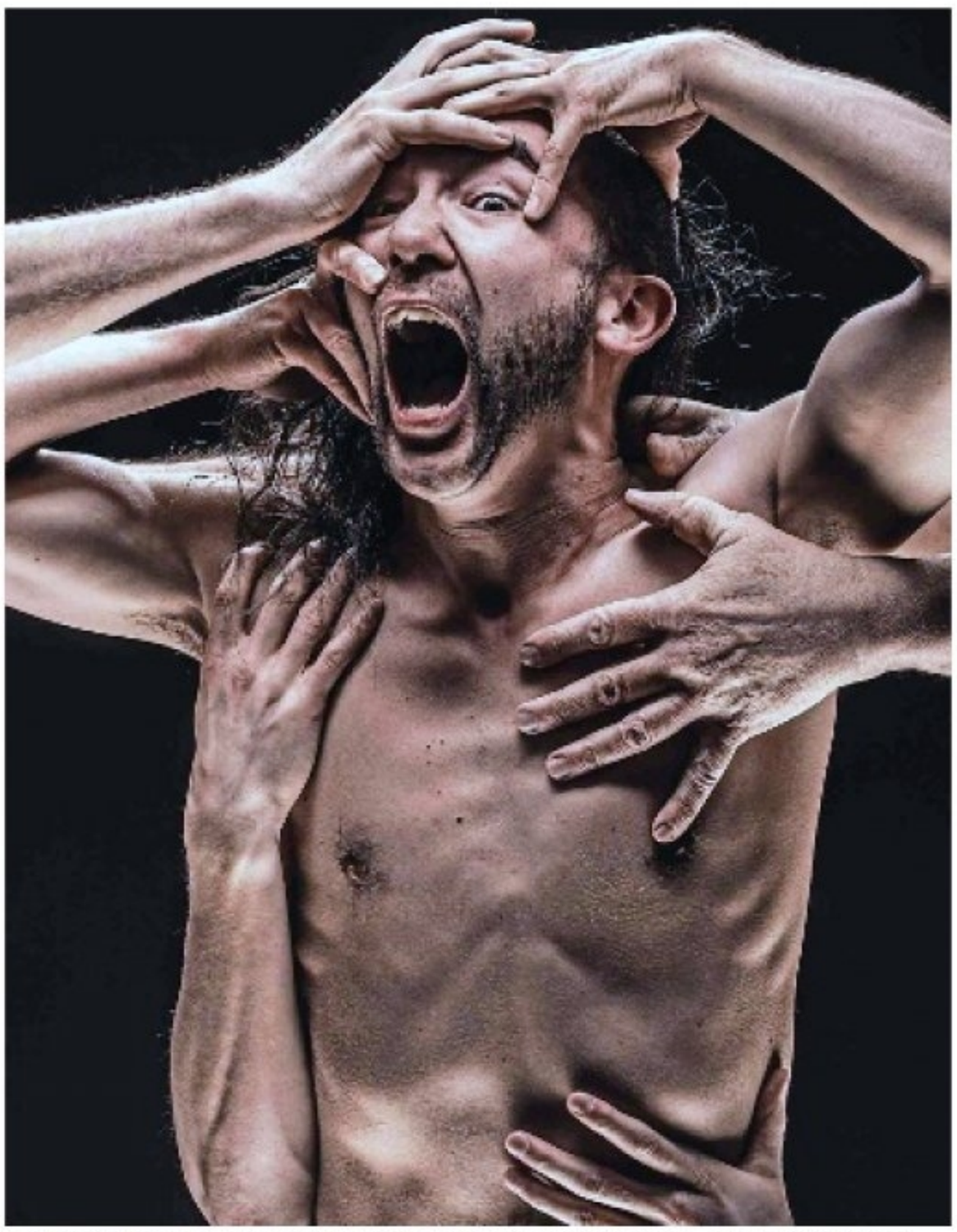
He warns the conservative theatre-goers might be taken aback — The Golden Penis is meant to be a provocative and evocative piece.

I mean, just look at the title.

"In dance, it's been referred to by many of my peers. There's less men in dance," Ikeda explained. "When I go to audition for a role, and my female peers go to audition for a role and they want a male-female duet, the calibre of female training is so much higher than my own. It's staggering. So that's something that's tossed around, in a bit of a jovial way, 'oh, you're in consideration because you have a golden penis.'"

Ikeda's biggest fear is that the show, which goes into the power of the male physical form, may be misinterpreted as pro-male.

He hopes that by going to some dark places, it will create a through-line to build a community and inspire others as a voice of male feminists.



The Golden Penis includes sexuality, nudity and violent subject matter — director Mark Ikeda doesn't shy away from uncomfortable subject matter. COURTESY CITRUS PHOTOGRAPHY

THEATRE

Changes ahead for Lunchbox

Autumn Fox
For Metro | Calgary

Calgary theatregoers have a lot to look forward to from Lunchbox Theatre's 2017-18 season with a new artistic producer at the helm.

This July, Samantha MacDonald will be taking over the role from Mark Bellamy, who announced his departure from the position in January.

MacDonald previously held the position of associate artistic producer at the theatre.

"I'm very excited to see Lunchbox Theatre in the hands of someone who has made such a significant presence in the Calgary arts community in a very short period of time," said the chair of the Lunchbox Theatre board of directors, Duval Lang, in a statement.

The theatre, which has also established itself as a notable contributor to the Calgary arts scene, announced a line-up of eclectic and engaging plays for the upcoming season, which debut this September.

Leading the season will be Book Club II: The Next Chapter, about the special camaraderie between women, bonded together over their monthly meetings.

Flight Risk, which is inspired by the experiences of a Calgary veteran, tells the story of an elderly man on the cusp of his centennial year, who begrudgingly opens up about his past as a tail gunner during the Second World War.

David Sedaris' experience as a Christmas elf in Macy's Santa Claus display forms the basis of The Santaland Diaries, a one-man show about the worst job ever.

For more information on Lunchbox Theatre's 2017-18 season, visit www.lunchbox-theatre.com.

Kelly Fedorowich wants to be the fastest woman in Canada and is hoping her top fuel dragster will take her there. AUTUMN FOX/FOR METRO

Hoping to be the queen of speed

DRAG RACING

Calgarian aims to become Canada's fastest woman

Autumn Fox
For Metro | Calgary

Calgary's Kelly Fedorowich has a need for speed.

By the end of this year, Fedorowich hopes not only to be the first licensed female competitive top fuel drag racer, but she's also going to become the fastest woman in Canada.

And fast is an understatement.

Fedorowich will be driving a suped up dragster that's fuelled by nitromethane — or "rocket fuel" as Fedorowich calls it. The dragsters can hit top speeds of 530 km/h or more in fewer than four seconds — and just sitting in the vehicle as it clocks that top speed will make her the fastest woman in Canada.

It'll be a slow burn to get there. The fuel is expensive, so she'll be teasing out higher speeds throughout the season. The dragster, stored in her garage, is revved and ready to go though.

Fedorowich got into racing through her husband, David, who had been driving in the fast lane since 18.

"Dave came into the relationship with the race car, but my relationship with that car was love at first sight," she laughed.

Fedorowich, David, and their infant son, Nikolas, toured across the U.S. throughout the early '90s, competing in the Top Alcohol Drag Racing circuit.

The family relocated to Calgary in 1994, putting their careers on hold to raise their son.

The itch to get back on the track grew and in 2011, Fedorowich, David and their now-grown son decided it was time to go all-in on a new venture together — Dark Side Racing.

As of 2017, Dark Side is the only top fuel racing team in Western Canada, and one of only two teams left in Canada.

Fedorowich began her top fuel training in 2016 and took a Zen-like approach to learning to pilot the vehicle, which can hit a G-force rate of seven while running a quarter mile.

"This is a real mental game," she said. "Getting into the cockpit, it takes a lot of mental preparedness because you're putting yourself into a very chaotic situation."

Fans can follow their appearances through the season at www.darksideracing.ca.

530 km/h

Top fuel dragsters, like the one Kelly Fedorowich drives, can hit this speed or more in fewer than four seconds.

Changing perceptions

TORONTO

Student meshes modern design with Islamic culture

Gilbert Ngabo
Metro | Toronto

Shahad Mahdi, the owner of Black Orchid, a clothing and accessories line depicting the modern Muslim woman. EDUARDO LIMA/METRO

Long before megabrands like Nike and Uniqlo launched hijab and abaya lines, Shahad Mahdi knew it was cool to rock Muslim apparel.

But the fourth-year business management student at Ryerson University was always troubled by negative representation of Muslim people, especially with ever-growing Islamophobic views from some politicians and extremist groups.

"When you watch the news that has to do with Muslims and the Middle East, all you see is yelling and violence, and I don't think that's who we really are," she said, noting some people just associate any Muslim with terrorism.

She's out to change that perception, one fashion design at a time.

Black Orchid, a pop culture brand she launched a year ago with the help of Ryerson Fashion Zone, makes and sells clothing and accessories combining modern design and Islamic culture.

Through an online portal, people can purchase different tops as well as pouches, chains and phone cases, all featuring stylish and colourful illustrations of modern Muslim women. She named her brand after a black orchid flower found in the Middle East.

With her images of progressive Muslim women, Mahdi hopes to create a new narrative showing them as strong, creative and capable of being "fashionable and cool." She's received positive feedback, and is thinking of adding more products and expanding.

"All I wanted to do was focus on the positive and show our true colours, show that we can do cute stuff too," she said.

Fewer blocked at U.S. border

Fewer Canadians are being turned away at the U.S. land border in recent months despite mounting concerns that Donald Trump's immigration policies are making it much harder to cross.

Refusals of Canadians at American land crossings dropped 8.5 per cent between October and the end of February compared with the same five-month period a year earlier, according to U.S. government statistics.

The total number of Canadian travellers denied entry also dropped: 6,875 out of 12,991,027 were refused entry, a refusal rate of 0.05 per cent.

Between October 2015 and February 2016, 7,619 out of 13,173,100 Canadian travellers were denied entry to the U.S., a refusal rate of 0.06 per cent.

The figures, confirmed by U.S. Customs and Border Protection, contrast with recent anecdotal reports of Canadians denied entry into the U.S., with many placing the blame on the policies of the Trump administration, including its controversial attempts to ban arrivals from several predominantly Muslim countries. THE CANADIAN PRESS

Manitoba refugee spike leads to calls for beefed-up border security

Lucy Scholey
Metro | Winnipeg

New federal government statistics highlighting a spike in refugees flowing into Manitoba demonstrate a need to beef up border security, according to an immigration consultant.

Last year, 575 asylum seekers filed claims at the Canadian Border and Services Agency or Immigration, Refugees and Citizenship Canada offices compared to 220 refugees in 2015. That's a 161 per cent jump, the highest percentage increase of all the provinces.

Only New Brunswick saw a higher percentage jump than Manitoba in that timeframe, but its overall pool of refugees is comparatively low (25 filed claims last year, compared to just five in 2015).

Rosanna Pancotto, an immigration consultation with Prairie Sky Immigration, says President Donald Trump's proposed ban on refugees from Muslim-majority countries is likely to blame. Others have pointed to former president Barack Obama's deportation orders or a pro-Prime Minister Justin Trudeau movement as the cause for the refugee influx that has dominated international headlines this year.

Whatever the reason, Pancotto says Manitoba's border is "not as armed" as other provinces.

"Without proper resources from Ottawa, I don't see how this is sustainable as far as local resources are concerned," she says.

The statistics, culled from Citizenship and Immigration Canada, also highlight the number of RCMP officers who have intercepted refugees and taken them to other ports of entry. Manitoba's was low compared to other provinces, but Pancotto said that shows a need to place more RCMP officers closer to the prairie province's border.

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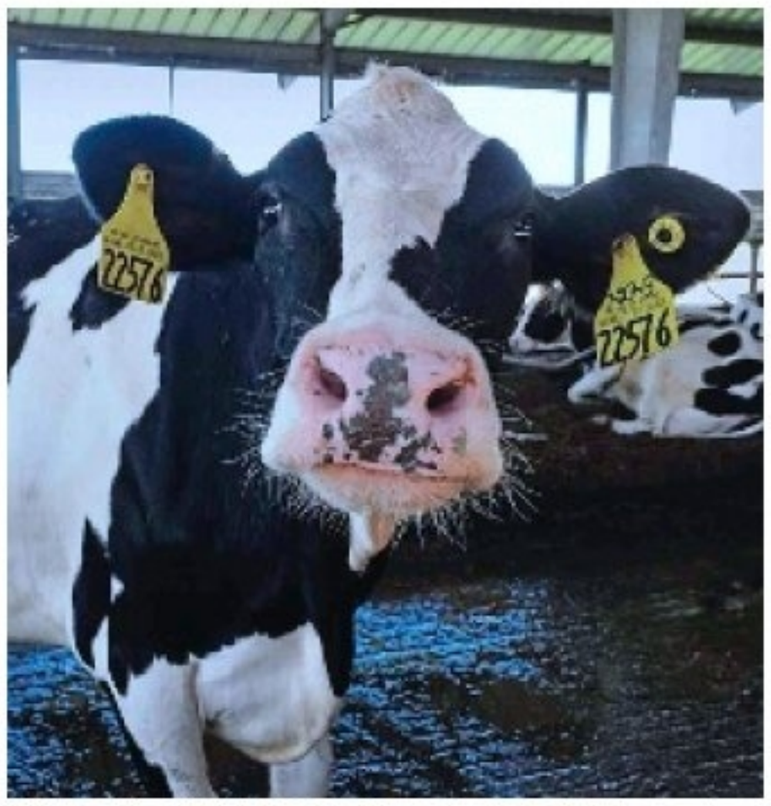

A University of British Columbia study sheds light in cows' nighttime desires. GETTY IMAGES

Cows love moo-nlight

BRITISH COLUMBIA

Cattle stuck inside days try to stay outside all night: Study

Wanyee Li
Metro | Vancouver

Cows that live indoors by day are highly motivated to break curfew and spend the night outside in pasture, according to a University of British Columbia study.

The study, involving 22 dairy cows at UBC's Dairy Education and Research farm in Agassiz, found that they would try as hard or harder to get outside at night as they would to reach their daily meal.

Researchers measured the cows' motivation by asking them to push increasingly heavier gates in order to reach a reward (food or access to pasture).

The cows were willing to push gates that weighed up to 70 kilograms to get outside at night, said UBC land and food systems Prof. Marina von Keyserlingk.

"The cows vote with their feet," she said. "They will push just as much to access to pasture as they will push to access their fresh feed. This tells us that pasture is really important to them."

Less than 5 per cent of dairy cows in the United States have access to pasture, according to the paper — Dairy cows value access to pasture as much as fresh feed — published in the journal Scientific Reports. The landscape for Canadian dairy farms is similar, said von Keyserlingk.

And while it's still not clear exactly what cows like about pastures, it's probably not food, she said. In fact, the cows that spent the night outside ate the same amount of feed as the cows that had been inside all day.

A team of researchers at UBC's Animal Welfare program plan to find out what cows like about being outdoors.

"Is it the pasture or is it the fact that she wants to be outside? Maybe she wants to lie down in an area where there is no metal," said von Keyserlingk.

But it's also important for people to keep in mind that cows are animals and to not impose human values on them, she said.

For instance, UBC conducted surveys that show members of the public often say cows are most happy when they have access to outdoor spaces 24/7. But that isn't the case, said von Keyserlingk. Her previous studies demonstrate that cows voluntarily stay inside during the day, especially in the summer.

Von Keyserlingk says many dairy farmers are willing to give cows access to pasture but don't know how to stay profitable at the same time. Cows produce less milk if they are roaming during the day.

But a past UBC study shows cows that stay inside days and outside at night don't experience any change in milk production. Von Keyserlingk hopes her line of research helps dairy farmers adapt what they hear from consumers to practices that are beneficial for the cows and the farmers' bottom line.

ONTARIO

Firearms hurt kids daily now

Firearms injure a child or youth almost daily in Ontario, say researchers, who analyzed hospital records to determine which groups of young people are most at risk for gun-related accidents or violent assault.

Their study, in the Canadian Medical Association Journal, found there were about 355 firearm injuries annually among children and youth, one quarter of which resulted in death.

Canadian-born youth, particularly males, had the highest rates of unintentional firearm injury — 12 per 100,000 people versus seven per 100,000 for immigrant males. But when it came to firearm injuries due to assault, immigrants and refugees were at much higher risk than their non-immigrant counterparts.

1.4×

Refugee children and youth are 1.4 times as likely to be shot as their Canadian-born peers.

Refugee children and youth were 1.4 times more likely to be shot than Canadian-born peers, while immigrant children and youth from Africa were three times as likely and those from Central America four times as likely to be a victim of a firearm assault, the study found. THE CANADIAN PRESS

MILITARY

Canadian peacekeeping mission possible in 2017

Prime Minister Justin Trudeau is not ruling out sending troops to a peacekeeping mission this year, even though Canada has not told the UN its plans. The Liberals pledged last summer to provide up to 600 troops and 150 police officers for peacekeeping operations, plus $450 million over three years on peace and stability projects. THE CANADIAN PRESS

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CINCINNATI

1 dead, 15 injured in nightclub gunfight

A gunfight broke out inside a crowded Cincinnati nightclub early Sunday, leaving one man dead and 15 others wounded after a dispute among several patrons escalated into a shoot-out, authorities said.

No suspects were in custody by late afternoon in the shooting at the Cameo club, which has a history of gun violence, and police said there was no indication of any terrorism link.

Cincinnati Police Chief Eliot Isaac said one of the wounded was in "extremely critical condition," while a hospital spokeswoman said two victims were listed in critical condition.

Police began receiving calls at 1:30 a.m. about gunshots at the club near the Ohio River east of downtown Cincinnati. Isaac said some 200 people were inside the club, one of the few hip-hop venues in the city, for music and dancing.

Isaac identified the dead man as 27-year-old O'Bryan Spikes, but provided no other details. He said 15 others were injured, with some already treated and released from hospitals. THE ASSOCIATED PRESS

CALIFORNIA

Arrests made after scuffle at Trump rally

A scuffle broke out on a Southern California beach where supporters of President Donald Trump were marching when counter-protesters doused organizers with pepper spray, authorities said Saturday.

The violence erupted when the march of about 2,000 people at Bolsa Chica State Beach reached a group of about 30 counter-protesters, some of whom began spraying the irritant, said Capt. Kevin Pearsall of the California State Parks Police. Three people were arrested on suspicion of illegal use of pepper spray and a fourth person was arrested on suspicion of assault and battery, he said.

Two people suffered minor injuries that didn't require medical attention, Pearsall said.

An anti-Trump protester who allegedly used the eye irritant was kicked and punched in the sand by a group of Trump supporters, according to a report in the LA Times.

Counter-protesters said before the march began that they planned to try to stop the march's progress with a "human wall."

Supporters of Trump scuffle with counter-protesters during a rally on, March 25, in Huntington Beach, Calif. THE ASSOCIATED PRESS

Earlier this month, a rally in Berkeley, California, in support of Trump turned violent, and his supporters clashed with counter-protesters in several fights that led to the arrest of 10 people and left at least seven people injured. THE ASSOCIATED PRESS

Attacker's encrypted message can't be read

LONDON TERROR

Controversy swirls over WhatsApp service

Westminster Bridge attacker Khalid Masood sent a WhatsApp message that cannot be accessed because it was encrypted by the popular messaging service, a top British security official said Sunday.

British press reports suggest Masood used the messaging service owned by Facebook just minutes before the Wednesday rampage that left three pedestrians and one police officer dead and dozens more wounded.

As controversy swirled over the encrypted messages, police made another arrest in Birmingham, England, where Masood had lived. The 30-year-old is one of two men now in custody over possible links to the attack. Neither has been charged or publicly named.

Police officers with floral tributes to the victims of the March 22 terror attack in front of the Elizabeth Tower on Sunday. GETTY IMAGES

Masood was shot dead on the grounds of Parliament.

Home Secretary Amber Rudd used appearances on BBC and Sky News to urge WhatsApp and other encrypted services to make their platforms accessible to intelligence services and police trying to carrying out lawful eavesdropping.

Rudd did not provide any details about Masood's use of WhatsApp, saying only "this terrorist sent a WhatsApp message and it can't be accessed."

But her call for a "back door" system to allow authorities to retrieve information is likely to meet resistance from the tech industry, which has faced previous law enforcement demands for access to data after major attacks.

In the United States, Apple fought the FBI's request for the passcodes needed to unlock an iPhone that had been used by one of the perpetrators in the 2015 extremist attack in San Bernardino, California.

The FBI initially claimed it could obtain the data only with Apple's help, but ultimately found another way to hack into the locked phone.

Police are trying to pinpoint his motive and identify any possible accomplices, making the WhatsApp message a potential clue to his state of mind and his social media contacts. THE ASSOCIATED PRESS

AFRICA

Aid workers killed in South Sudan

Six aid workers were ambushed and killed in South Sudan, the deadliest attack on humanitarian workers since the East African nation's civil war began in 2013.

The attack took place Saturday on the road from Juba, the capital, to Pibor, where there have been recent reports of fighting, said Eugene Owusu, the top UN humanitarian official in South Sudan in a statement issued Sunday.

"At a time when humanitarian needs have reached unprecedented levels, it is entirely unacceptable that those who are trying to help are being attacked and killed," said Owusu.

The ambush is the latest of several attacks on aid workers in South Sudan, which is one of the largest humanitarian crises in the world. At least 12 aid workers have been killed so far this year and 79 have been killed since civil war began in South Sudan in 2013, said the statement.

Famine has been declared in two counties in South Sudan where 1 million people are on the brink of starvation and there is also a cholera outbreak in parts of the country. But aid organizations responding to both famine and the cholera outbreak have been attacked by armed forces, according to the UN. The ambush came the day that South Sudan's government declared a unilateral cease-fire and granted amnesty to armed groups who renounce violence.

South Sudan's government agreed to issue the ceasefire in response to pressure from East African countries during a regional summit in Nairobi.

The ceasefire and amnesty was immediately rejected by Mabior Garang, a spokesman for the opposition SPLM-IO party, who called it "silly" and a "non-starter." THE ASSOCIATED PRESS

TRAVEL

Backlash against airline

Two teenage girls were barred from boarding a United Airlines flight Sunday because they were wearing leggings.

The girls, whose ages were not specified, were not allowed onto the flight because they were travelling under an employee travel pass that includes a dress code, United spokesman Jonathan Guerin said.

The airline's actions sparked a quick backlash on Twitter. THE ASSOCIATED PRESS

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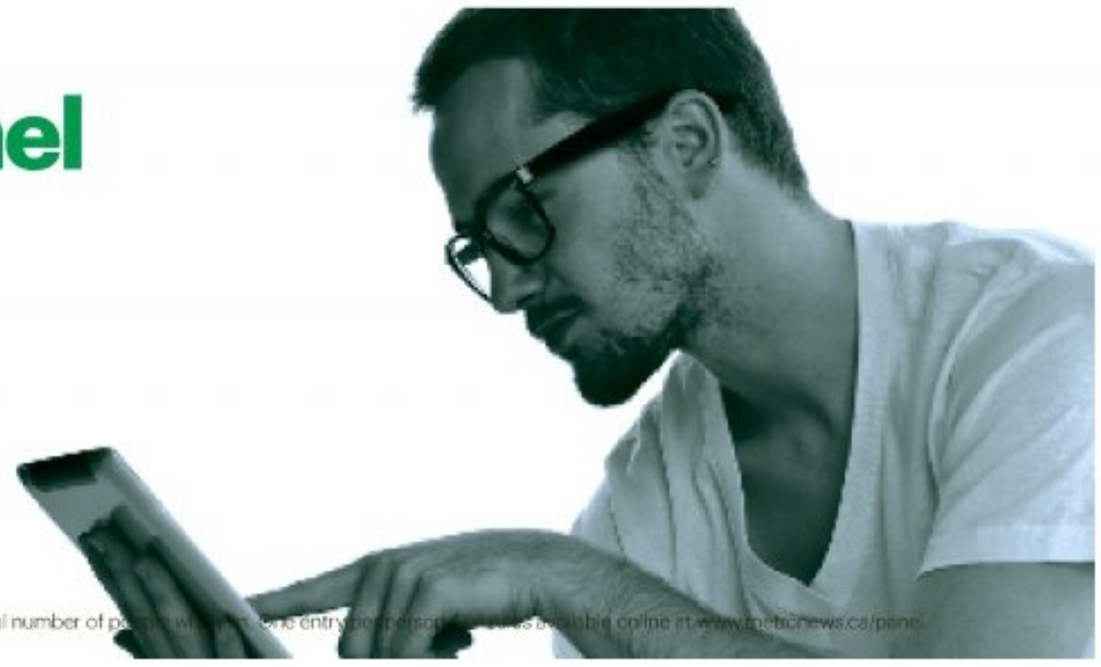

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Paula Timms of Caraway helps with repairs on March 25 after Friday night's storm in Jonesboro, Ark. THE ASSOCIATED PRESS

Strong winds, hail in Southern Plains

WEATHER

Storms expected to roll through late Sunday

Golf ball-sized hail and powerful winds are expected to roll through parts of the Southern Plains late Sunday, marking the latest round of turbulent weather across the Midwest and South, forecasters said.

The National Weather Service said the storms are forecast in parts of northern Texas and central Oklahoma, including the Oklahoma City metropolitan area. Residents of western Arkansas will also be risk, but to a lesser degree.

Forecasters aren't ruling out tornadoes but expect the primary threats to be large hail and damaging wind gusts from thunderstorms in Oklahoma, said Patrick Marsh, the warning co-ordination meteorologist at the Storm Prediction Center in Norman, Oklahoma.

But thanks to the time of year, he said, the weather system could spare the region from a devastating storm because it lacks a key ingredient: moisture.

"It'll be interesting to see how the storms interact with lesser amounts of moisture," Marsh said Sunday. "If this system would have happened in May, the tornado threat may have been higher."

The new threat comes as residents in the Deep South cleared branches and worked to restore power from weekend storms.

A tornado destroyed four mobile homes and damaged others near Cato, Arkansas, late Friday night. In northwest Louisiana, sheriff's officials said a church was destroyed by an apparent tornado, though no injuries were reported.

As the storms moved east, they toppled trees and power lines in Mississippi and Louisiana. THE ASSOCIATED PRESS

AT RISK

Storms are forecast in parts of:

- Northern Texas
- Central Oklahoma including the Oklahoma City metropolitan area
- Western Arkansas

POLITICS

Forces capture Syrian air base from Daesh

U.S.-backed Syrian Kurdish forces captured a strategically important air base from Daesh militants in north Syria on Sunday in the first major victory for the group since the U.S. airlifted the forces behind enemy lines four days ago.

The Kurdish-led Syrian Democratic Forces announced they had captured the Tabqa air base, 45 kilometres west of Raqqa, the Islamic State group's de facto capital in Syria.

The U.S., which has provided substantial air and ground support to the SDF, ferried hundreds of SDF forces, as well as U.S. military advisers and U.S. artillery, behind Daesh lines earlier this week.

The airlift was a major development to the SDF's multi-front campaign to bear down on Raqqa, as U.S.-backed Iraqi forces simultaneously press their assault to seize Mosul from the militants, in neighbouring Iraq. SDF forces are within 10 kilometres of Raqqa from the north.

Tabqa air base was captured by IS militants from the Syrian government in August 2014. Shortly afterward, the group announced it had killed about 200 government soldiers at the base, in a mass killing recorded and distributed on video over social media.

The Britain-based Syrian Observatory for Human Rights monitoring group also reported the SDF advance.

Meanwhile there were conflicting reports over whether civilians had begun evacuating Raqqa due to concerns over the stability of the nearby Tabqa Dam.

The militants said U.S.-led coalition airstrikes had locked up the dam's gates, causing the water level behind it to rise. The activist group Raqqa is Being Slaughtered Silently reported that IS had ordered Raqqa residents to evacuate, though without their furniture. Tabqa Dam is 40 kilometres upstream of Raqqa on the Euphrates River.

U.S.-led coalition forces said the dam was structurally sound.

The Observatory said there were no evacuations happening from Raqqa, as did the activist-run Raqqa 24 media centre.

The reports came as the Syrian National Coalition called on the U.S.-led coalition to stop targeting residential areas in and around the city.

THE ASSOCIATED PRESS

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Planning for the future

FINANCES

Expert says to consult family early before you retire

There's the retirement that looks like the commercials: biking, travel, enjoying the family.

And then there's the one where you can't get up the stairs anymore.

Most of us happily plan for the first, when our health is good and energy high. The second can be hard to contemplate, when health falters and medical crises can change lives.

Certified financial planner Dana Anspach of Scottsdale, Arizona, doesn't want clients to prematurely give up their homes or make other moves that may not suit them. One couple she advised moved into a continuing care community in their 80s and moved back out again a year later because they couldn't entertain or decorate the way they wanted. Anspach also has heard horror stories of elders who stayed too long in unsafe conditions until they had health crises.

Experts warn clients planning for their futures to not leverage home equity for retirement purposes, saying it harm your finances long term. ISTOCK

The key, planners say, is to start thinking and talking about how you want to cope when your health begins to fail.

"You have so many more options if you plan earlier and set up the trajectory of where you're wanting to go," says Danielle Howard, a CFP in Basalt, Colorado.

Howard starts with the somewhat easier decisions, such as whom the clients want to make medical and financial decisions should they become incapacitated. Then the discussion moves to the harder topics — imagining life when they can't navigate stairs or drive or handle daily activities such as cooking, cleaning, dressing or bathing themselves.

> **You have so many more options if you plan earlier.**
> Danielle Howard

Anspach advises clients who don't have long-term care insurance or family members willing to provide care to save their home equity for expenses, rather than using it to boost their retirement income.

If parents expect children to help, Anspach says, they need to make sure the kids are on board and that those kids' lives are stable enough to provide care if the parents move closer.

"You don't want to move across the country and have them get transferred somewhere else," Anspach says.

THE ASSOCIATED PRESS

IRAN

American businesses sanctioned

Iran on Sunday sanctioned what it described as 15 American companies, alleging they support terrorism, repression and Israel's occupation of land Palestinians want for a future state, likely in retaliation for sanctions earlier announced by the U.S.

The wide-ranging list from an American real estate company to a major arms manufacturer appeared more symbolic than anything else as the firms weren't immediately known to be doing business in Iran.

A Foreign Ministry statement carried by the state-run IRNA news agency said the sanctions barred companies from any agreements with Iranian firms and that any of the company's assets in Iran could be seized.

"The sanctioned companies have, directly and/or indirectly, been involved in the brutal atrocities committed by the Zionist regime in the occupied Palestinian territories, or they have supported the regime's terrorist activities and Israel's development of Zionist settlements on the Palestinian soil," the IRNA report said. THE ASSOCIATED PRESS

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HEADLINE
COFFEE

The Royal Treatment

All hail, the Queen of Coffee

By: Sean Deasy

Coffee Fermentation In Nicaragua

From the northern reaches of Nicaragua in the mountainous region of San Juan del Rio Coco, Madriz, comes a coffee with a majestic taste and an equally royal handle. It's called Reyna del Cafe, or "Queen of Coffee" in English.

And, for roaster Eric Shabsove from Mountain View Coffee in Toronto, it has an undeniably regal presence.

"Reyna del Cafe has an exciting caramel-y, buttery smell to it," says Shabsove, who has curated the entire Headline Coffee collection. "As for taste, it has such a clean, citrus acidity with subtle butterscotch notes, and a silky smooth body. But, above all, I believe the acidity is actually perfect on this one."

As always, getting such a flavourful bean is all about location, location, location. Shabsove counts the densely tropical forests of northern Nicaragua, where the Reyna del Cafe co-op is situated, among his favorite coffee-growing regions. "The reason I like this area is quite simple: it's got a very unique microclimate up there."

It's effectively an area that's tailor-made for growing coffee. The most impactful characteristics of that microclimate are its rich volcanic soil and getting just the right amount of rain during the summer [hint: lots]. The high elevations and cool, dry weather in the autumn allow for the shade-grown beans to mature slowly, which in turn creates a complex flavour profile unlike any other in Nicaragua.

The timing of Reyna del Cafe's introduction to Headline Coffee members is no coincidence. In fact it couldn't be better: The beans, harvested between December and February, are released right about now.

The proud growers

The Reyna del Cafe co-op is comprised of 128 members – both men and women – the majority of whom are small producers, working 3.5-hectare farms at most. Through the use of Fairtrade and Organic premiums Reyna del Cafe is able to provide workshops for their members, improve their milling services, and tap into new international markets. The co-op also has a robust sense of environmental stewardship; Madriz and the surrounding departments are recognized for having high bio-diversity and protected forests.

"Most of the farmers within the co-op are small scale producers, so these are very, very small farms. In fact there's no real large producers," says Shabsove. "These are farmers who take a great deal of pride in growing their crops, and a lot of care goes into what they're doing every single day."

Shabsove says the co-op's connection with Fairtrade has enabled the farmers to vastly improve their operations. "That means developing sustainable practices, and discovering how to grow coffee better, working within their environment, helping them finance projects," he says. "Fairtrade is extremely important to co-ops in countries like Nicaragua, and even more so, as they are predominantly small farmers. Any form of assistance is greatly appreciated by them."

Nicaragua: Sky's the limit

Nicaragua is now considered an emerging coffee-producing nation. It's already earned and attained a level of respect as a country that's becoming increasingly better at growing coffees. Not long ago the up-and-coming countries were the likes of Costa Rica and Honduras. "Now Nicaragua is really dedicating a lot of their time and effort to growing great coffee."

If there was a time when sampling Nicaraguan coffee didn't exactly elicit great excitement among the expert tasters, Shabsove says that's now a distant [and fading] memory. The emergence of quality beans like those from the little Reyna Del Cafe co-op is a perfectly tasteful example. "Nicaraguan was never quite as good as the Costa Ricans, the Guatemalans. But now it's a totally different story.

"What makes me excited about Nicaraguan is that year after year it gets better and better, and every time I drink more and more," says Shabsove. "So each year I'm excited to try the new crop to see how much better it gets."

metro VIEWS

FOCUS ON FAMINE

DAY 1: CANADA'S ROLE

VICKY MOCHAMA

CANADA MUST LEAD THE FIGHT

Twenty million people are on the brink of starvation. The UN is asking for $4.4 billion by July to avert a global catastrophe. While Canada's donated millions, it's not nearly enough.

It is the disaster we don't want to talk about.

Twenty million people are on the brink of starvation. The United Nations and its various agencies — the World Food Programme and the United Nations Secretariat, to name two — have sounded the alarm. This is the largest humanitarian crisis since the creation of the United Nations in 1945.

In an interview with Metro in January, Joanne Liu, president of the global aid organization Médecins Sans Frontières (Doctors Without Borders), told a story about visiting famine-ravaged northern Nigeria. Liu sensed something off in one community and then realized, sickeningly, that there were hardly any children under five still living.

By inaction and indifference, we are losing whole generations. The people who survive this moment will have little reason to believe in "Never again," a promise made often by the international community after the Rwandan genocide in 1994.

To staunch mass catastrophe in South Sudan, Somalia, Nigeria and Yemen, the international community needs to come up with $4.4 billion by July. They've pledged only a small fraction.

Canada has pledged nearly $120 million, less than three per cent of the total request. Had Canada followed through on its vow from the Millennium Development Goals to adopt an aid target of 0.7 percent of its gross national income, we would be giving more than $10 billion globally. More than enough to solve this crisis, and then some.

In 2015, Trudeau told delegates at a climate summit in Paris that "Canada is back." In 2017, why not lead Canada and the world in feeding a starving and desperate population?

The UN's request could be filled within minutes by the wealthiest governments in the world, including Canada. At the highest levels of power, the political will simply isn't there to make the moral choice. The UN's emergency relief co-ordinator Stephen O'Brien says, "Allowing famine to unfold is a choice; we must make the choice to stop it."

When the decision is made to step up, it will be too late for too many. In 2011, by the time a famine had officially been declared in Somalia, tens of thousands had already died. For many families and communities today, the disaster has already struck.

Governments are slowly stepping up, but rather than waiting, citizens are already doing their part.

A group of five American friends set up a GoFundMe page called the Love Army for Somalia and asked Turkish Airlines to be their flight partner. In less than a week, more than 80,000 people donated $2.2 million. The campaign is funnelling the money to NGOs in Somalia to buy local food, rather than crash the market with foreign goods. As for the plane, they are using it to fly in specialized food for undernourished babies.

Theirs may be a dramatic example, but it is not the only effort. Somalis, Yemenis, Nigerians and Sudanese people in Canada have been doing their best to support family, friends and communities, but they can't do it alone.

Canadians often claim a particular kindness and generosity, yet all too often that spirit seems to disappear when the needy are black and African. It is made complicated when they are Arab. But there are black, African and Arab Canadians too. Their communities are ours too.

It is their cultures that enrich this country; their children who will help lead it. We must support their efforts.

Twenty million people need to eat. How will we serve them?

NIGERIA A malnourished child receives heath care at a feeding centre run by Doctors Without Borders in Maiduguri. SUNDAY ALAMBA/THE ASSOCIATED PRESS

SOMALIA Sacdiyo Mohamed, nine months old, is treated at a hospital after her mother Halima Hassan Mohamed fled the drought in southern Somalia for Mogadishu. MOHAMED SHEIKH NOR/THE ASSOCIATED PRESS

YEMEN A boy receives treatment at a feeding centre in the capital Sanaa. The conflict in Yemen has worsened food insecurity in the country, which was already considered one of the poorest in the world. GETTY IMAGES

SOUTH SUDAN Ayei Wier saw the signs of famine back in 2015 when she watched her baby Malou suffer from hunger. WORLD VISION CANADA/CNW GROUP

BY THE NUMBERS

20 million

People facing famine in South Sudan, Somalia, Nigeria and Yemen. That's more than half the population of Canada.

1.4 million

Number of children facing death from severe malnutrition

$4.4 billion

Amount needed by July to prevent tragedy

$119 million

Amount pledged by Canada for the crisis. Canada donated $100 million for humanitarian assistance in the four countries last year

SOURCE: UNITED NATIONS WORLD FOOD PROGRAM

HOW YOU CAN HELP

- **Doctors Without Borders:** The charity has projects in the countries affected by famine, providing medical and humanitarian assistance. You can donate via msf.ca
- **Save The Children:** The charity operates children support programs in the four countries affected. You can donate to them through savethechildren.ca
- **CARE Canada:** The organization runs poverty-reduction efforts in Somalia, Yemen and South Sudan. You can donate through their website care.ca
- **OXFAM Canada:** The charity provides emergency and long-term assistance to people in countries affected by the ongoing famine. You can donate at oxfam.ca

GILBERT NGABO/METRO

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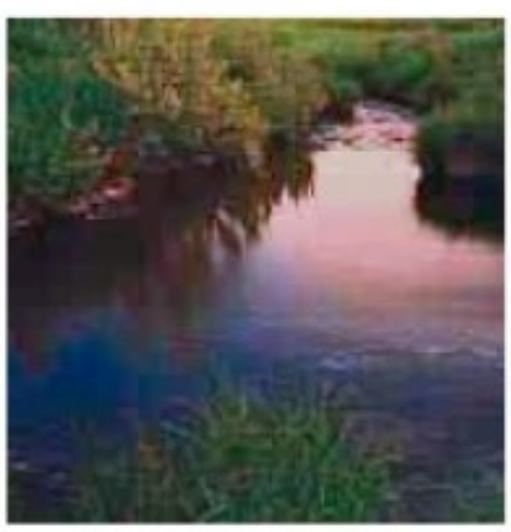

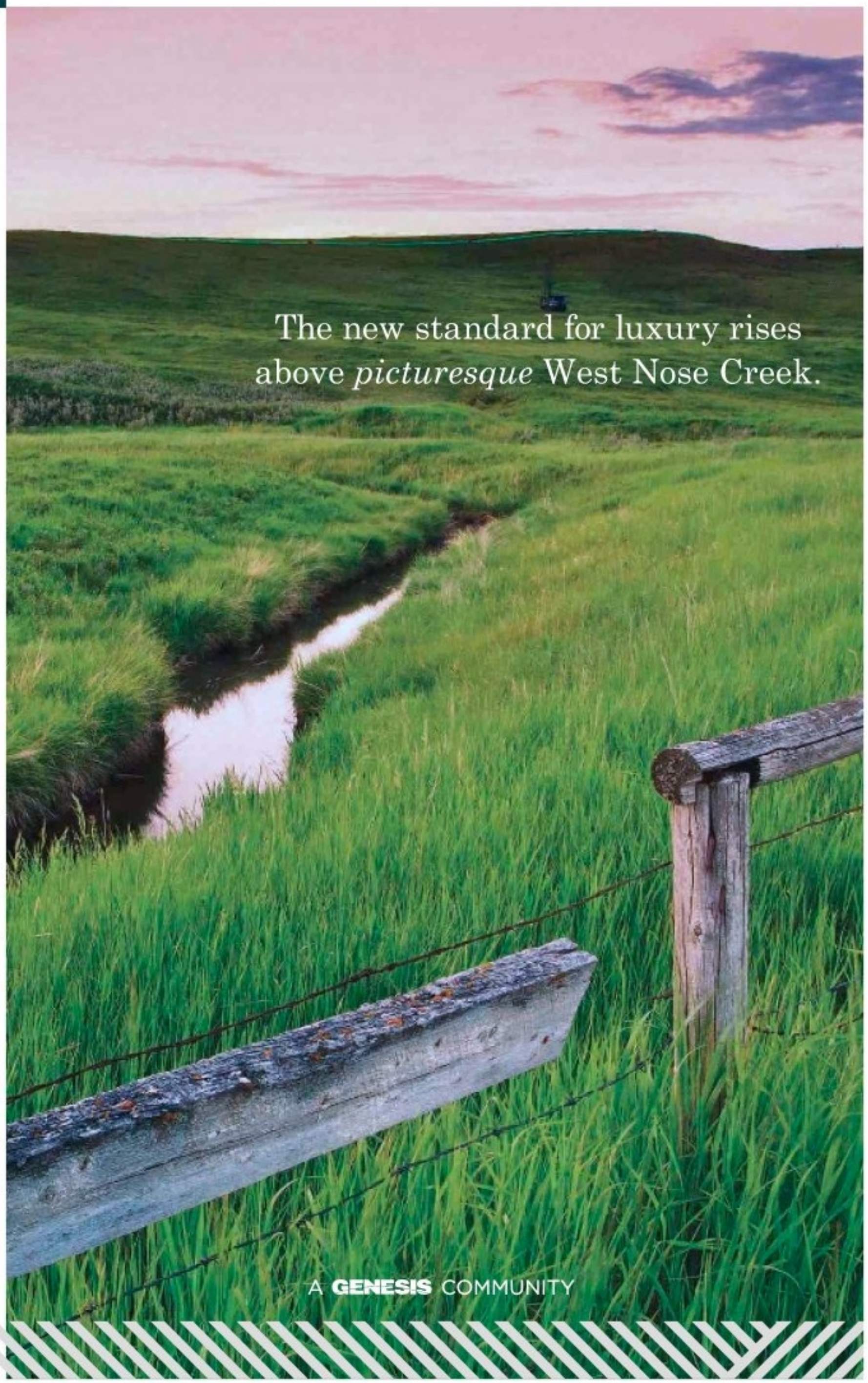

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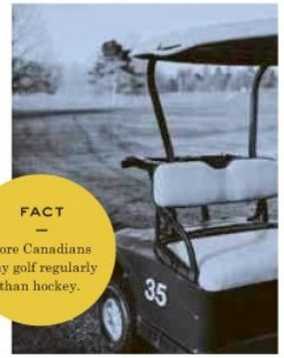

FACT

More Canadians play golf regularly than hockey.

10

GOLF COURSES LESS THAN 20 MINUTES AWAY

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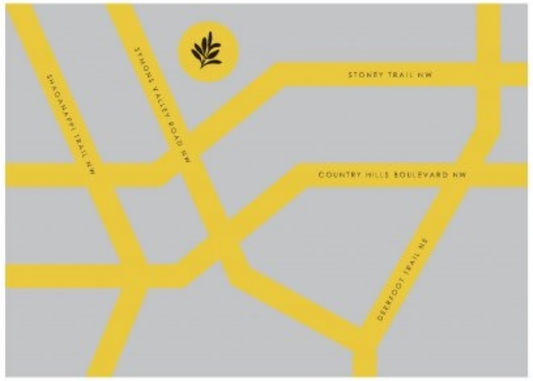

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High-intensity interval training slows down the aging process, new study says

Copeland shares dancers' wisdom

BOOKS

Ballerina writes about discipline, body acceptance

Misty Copeland is not only one of the most famous ballerinas in the world — and the first black female principal dancer at American Ballet Theatre — but she has crossed over into mainstream pop culture fame like no other.

Her bestselling book, Life in Motion, was a memoir, but in her new book she seeks to impart some of the wisdom that helped her along the way. She includes detailed exercises — classic ballet moves, starting on the floor — and also meal plans and favourite recipes.

On a recent morning, Copeland sat down for an interview. Her remarks were edited for length and clarity.

WHY THE NEW BOOK?

"Every woman struggles with their body at some point, especially as a dancer. (Also) I've been approached about what I eat, what other forms of exercise I do outside of class. How do I mentally and emotionally stay strong in a field like this? So I felt like I needed to write about this ... also just debunking these awful stereotypes attributed to ballerinas, having eating disorders and not really being athletes. We work just as hard as athletes, if not harder, because we are also actresses and actors onstage. We're not competing to win, but we're competing to be ourselves, our best selves. Everyone can benefit from that kind of structure in their lives."

ON BODY IMAGE

"I never felt beautiful. In school I was really short and really thin and I had really big feet and this tiny little head, and long arms and really big hands, and felt like, this isn't what society views as beautiful. And it wasn't until I stepped into ballet class that it was like, 'Wow, you have the perfect balance and physique for ballet.' And so I became used to that. And then I went through puberty and my body changed. It's not talked about really openly, but every dancer goes through ups and downs in terms of being out of shape. We need to treat our bodies like an instrument, and that's a huge part of it, just finding a balance and not depriving yourself.

ON THE RIGHT MINDSET

"I think it's important to feel comfortable with who you are, no matter where you're starting from. The mental discipline is so much a part of it, feeling strong, feeling in control. And just focusing on the journey and feeling good about yourself. I want this book to be for everyone... for someone who has never taken a dance class, for the mom or the college student."

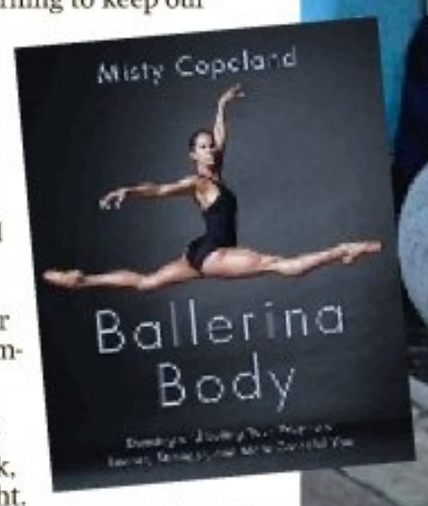
COMING TO TERMS WITH FOOD

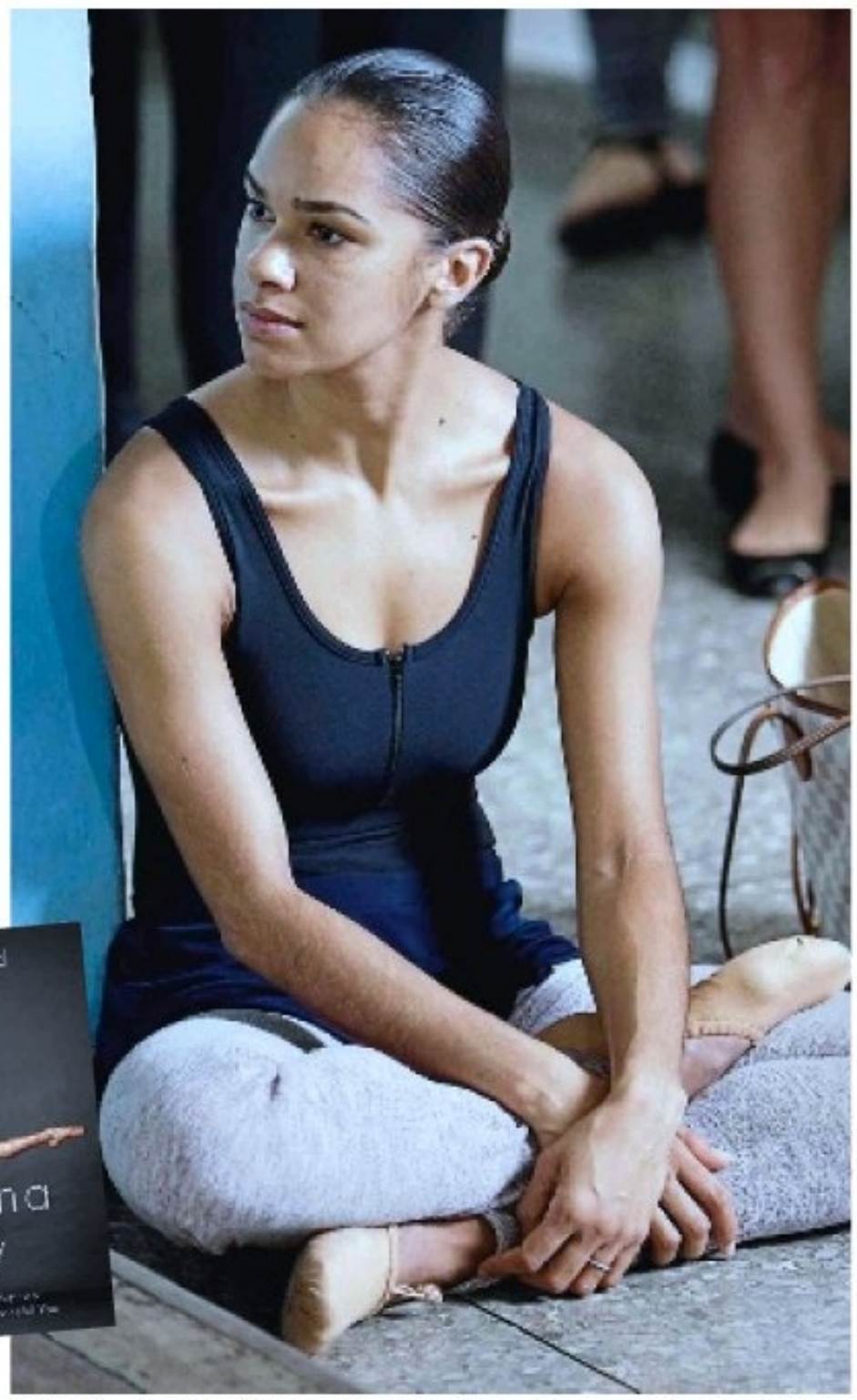
"We all have a difficult relationship with food. Especially in America where we have so much access to quantity. We were on food stamps for most of my childhood, so we were finding food to eat to survive, it wasn't about the best and healthiest food. So when I became a dancer, I pretty much was eating whatever I wanted. Once my body changed, that's when I really started to evaluate what I was putting into my body. I cut out meat six or seven years ago."

WHAT'S A BALLERINA'S TYPICAL DAY?

"We're in class at 10:15. An hour and a half every morning. Even if we're not in rehearsals, we still take class every morning to keep our instrument fine-tuned. Rehearsals start at noon. We usually go straight through from noon to 7. And that's during rehearsal period. During our biggest performance period, spring season, we're working six days a week, until 11 at night. It's a lot; people don't really realize it when they just see this beautiful product onstage.

THE ASSOCIATED PRESS





Misty Copeland, the first black female principal dancer at American Ballet Theatre, has crossed over into mainstream pop culture fame.

ERNESTO MASTRASCUSA/AFP/GETTY IMAGES

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A Barbie world for girls and boys

TOYS

Mattel trying to reach kids on phones, laptops, TVs

Mattel is looking to the movies. The maker of Barbie and Hot Wheels, which has live-action films based on those toys in the works, says it wants to find new ways to be on more screens in front of more kids.

These days, that takes more than a 30-second commercial.

Big-screen movies are a first for 72-year-old Mattel, which has mostly relied on television ads, apps and straight-to-DVD movies to promote its toys. It launched a separate unit last year to help produce films, TV shows and other content with studio partners.

The Barbie movie hit a snag last week when comedian Amy Schumer dropped out of the starring role citing scheduling conflicts. The film is being made with Sony and it's expected to be released next year.

A Hot Wheels film is also in development.

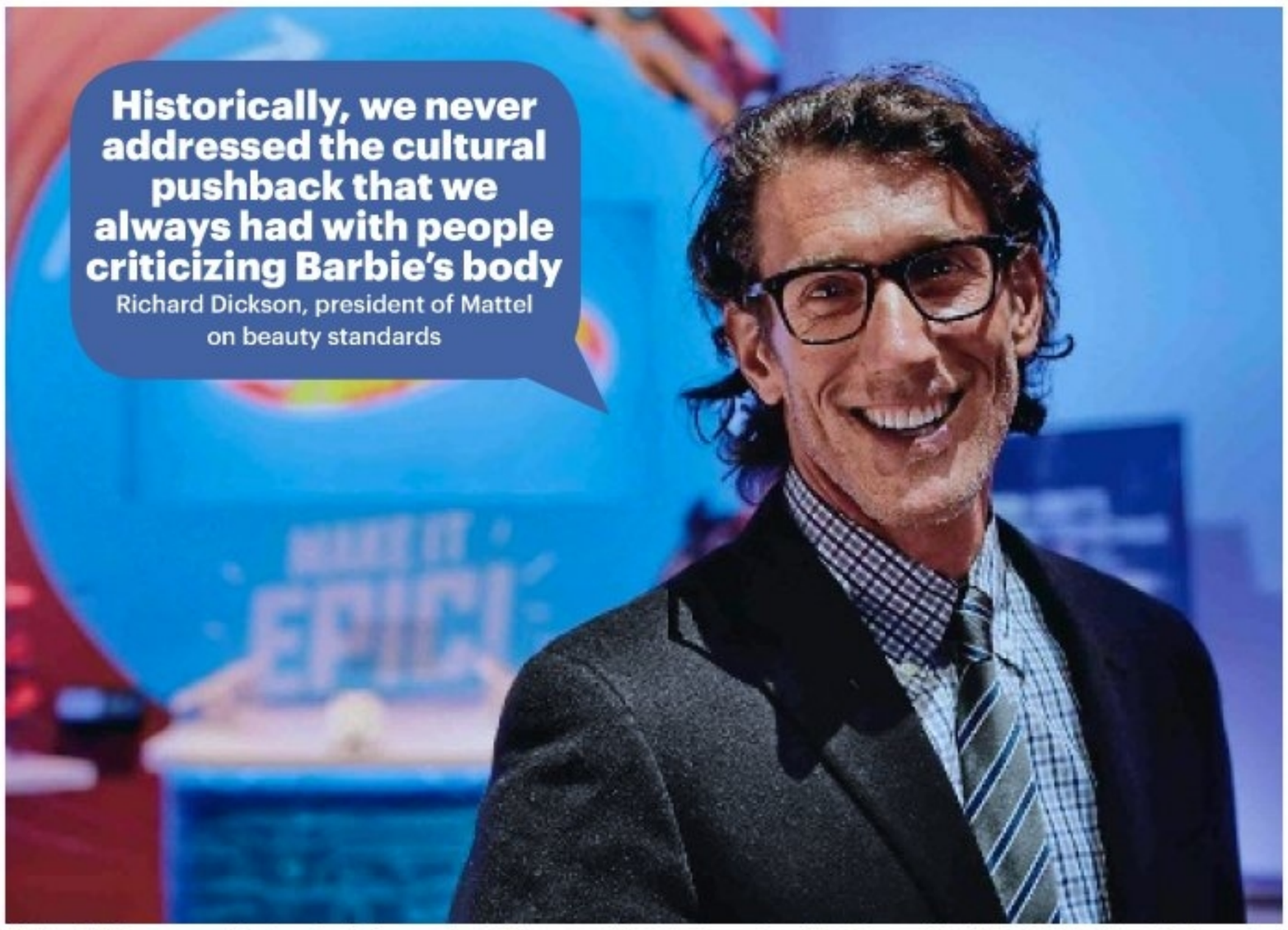
Mattel will also be on TV starting April 7 on ABC, showing its search for the next big toy idea in a competition show called The Toy Box.

Chief Operating Officer Richard Dickson says Mattel is making the winning toy now, and it will go on sale at Toys R Us stores after the series ends May 19.

Other changes Mattel has made include new body shapes, hair types and skin colours for Barbie, and the American Girl brand's first boy doll.

Dickson spoke recently about how Mattel is trying to bring new life to its classic toys.

Questions and answers have been edited for clarity and length.



Richard Dickson, president and chief operating officer, says Mattel, the maker of Barbie and Hot Wheels, is trying to bring new life to its classic toys through live-action films. THE ASSOCIATED PRESS

Why the focus on movies and TV shows?

Kids today can obviously skip commercials. And screen time today is not one screen, it's multiple screens. Our objective is to be everywhere our consumers are. They are on their phone. They are on their laptop. They're on their iPad. They're on their television. There is no centre.

What's the Barbie movie about?

I can't get into a lot of detail as to what the story will be, but I can tell you what it is. It is live action. It is going to be a story that continues to celebrate the idea that girls can be anything. I think the way that we narrate that story will be entertaining for girls of all ages. And I also think it will be, hopefully, appealing to some boys also.

With Amy Schumer out of the Barbie movie, is there a search for someone else? What are you looking for? Another comedian?

We have a list of people who are interesting and interested. We look forward to working with Sony to bring the vision of the character and the story to life.

Why the changes to Barbie's body shape last year?

Historically, we never addressed the cultural pushback that we always had with people criticizing Barbie's body. And we sort of justified it by saying it's a toy and it's not a real human and we sort of moved on. And one of the things that we've done, to reintroduce the brand as relevant, is to listen to the consumer and start to have a dialogue with her instead of a monologue.

In 2015, a Barbie ad featured a boy for the first time. Why the attention to boys?

We know for a fact that a lot of boys play with Barbie and it hasn't been something that we've acknowledged. In many cases it is a boy playing out a Barbie world with his sister. And then there are boys who actually drive the play themselves. We are pretty pronounced with boys, we just never really expressed it in marketing.

THE ASSOCIATED PRESS

Health DIGEST

SURVEY

Optimism comes to those who age

A new survey suggests many pessimistic feelings held by people earlier in life take an optimistic turn as they move toward old age. Even hallmark concerns of old age — about declining health, lack of independence and memory loss — lessen as Americans age. Among people in their 30s, 46 per cent described themselves as mostly or somewhat optimistic about aging, compared with 66 per cent of people 70 and older. TORSTAR NEWS SERVICE

TREATMENT

U.S. OKs new drug as add-on for Parkinson's

U.S. regulators have approved the first new drug in a decade for Parkinson's disease, a neurological disorder that causes tremors and movement difficulties. The Food and Drug Administration says it has approved Xadago for use when a patient's regular medicines aren't working well. According to the FDA, adding Xadago to levodopa decreased symptoms such as involuntary muscle movement.

TORSTAR NEWS SERVICE

FDA

Rare cancer linked to breast implants

The U.S. Food and Drug Administration says it has received reports of 9 deaths and more than 350 cases of a rare blood cancer linked to breast implants. The World Health Organization concluded years ago this type of lymphoma can develop following breasts implants. The disease seems to occur more often with textured implants in the scar tissue near the implant and is associated with pain and swelling. TORSTAR NEWS SERVICE

Spending viruses turn into diseases

Like a little sneeze, it is so easy to let debt infection spread until you have a full-blown case of debt misery. ISTOCK

DEBT

Buy-now-pay-later bacteria gobble up good intentions

Gail Vaz-Oxlade
For Metro Canada

It's easy to catch a cold and it's tiresome when that cold then turns into something more serious like a sinus infection or even pneumonia.

But just as a little thing can become a big thing when it comes to our health, so too can small debt infections become full-blown diseases, rotting your resolve and ruining your plans for the future.

It may be no big deal to carry a $200 balance on your credit card when the option is to leave your car in the shop because you don't have the money to pay for repairs. If you don't spend another penny until that $200 balance is gone, you've applied the right medicine to a short case of the debt-flu.

But if you let that $200 balance spread to $350, $500, $775, you'll soon find spending viruses and buy-now-pay-later bacteria of all kinds clamouring to gobble up your good intentions.

In no time at all you'll have a full-blown case of debt misery, and it'll take nothing short of surgery to get yourself financially healthy again.

It is so easy to let the infection spread. A sneeze here: Oh, look, that pretty dress is on sale. A cough there: I've got most of the vacation money socked away, I'll just put the rest on my card and pay it off when I get back.

The next thing you know you've hit your limit and your oh-so-kind credit card company has given you another $1,200 worth of room. Nothing short of an amputation is going to fix the problem.

Remove the temptation to spend by eliminating the plastic until the account is back in the black

No, I'm not suggesting you cut off your fingers! But how about cutting up your cards? You don't have to cancel your accounts, just remove the temptation to spend by eliminating the plastic until the account is back in the black. Then you can order a replacement card and go back to using your credit cards as a convenience, as opposed to being held hostage to high interest rates and all kinds of stupid fees.

What if you never seem to be able to say no when the consumer bug bites? Then don't take your cards with you unless you're shopping with a list for specific items.

Before you head out, write the amount you plan to spend (because you have the money in the bank to pay off the balance) on a piece of paper and wrap it around your card. As you shop, deduct what you're spending from the amount you wrote. You'll know exactly how much you have left to spend.

When you get home, don't wait for the bill. Go online and pay off your day's charges.

There are times when credit is useful. There are even times when you can't see how to get from here to there without racking up some debt. That's the cold. Let that debt fester, let it continue to grow, and you'll find yourself dog-sick and in need of some major medical intervention to cure your debt malaise.

For more money advice, visit Gail's website at gailvazoxlade.com

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Calgary arts struggle as corporate funds dry up

PERFORMING ARTS

Main players band together to get more cash from city

Calgary's performing arts scene has become a casualty of corporate cost-cutting as the city's economic doldrums drag into a third year, prompting organizations to band together to seek more municipal support.

The energy sector has long been a stalwart patron of the arts in the white-collar heart of the oilpatch. But weak energy markets have forced firms to tighten their spending, leaving less for sponsorships.

The issue came into stark relief earlier this month when Alberta Theatre Projects, a 45-year-old institution, put out an urgent plea for donations. It said it wasn't sure it could survive past the upcoming season without a significant cash infusion by May 1.

"There's a level of uncertainty in the corporate environment and we get it," said Vicki Stroich, ATP executive director.

The organization's corporate sponsorship dollars have dropped 70 per cent since the price of oil spiked above $100 US a barrel three years ago — more than double what it is now — and then plummeted.

The company, with a focus on new Canadian plays, was facing a $400,000 shortfall. Half of that was filled by a donation from the Calgary Foundation, a local philanthropic organization.

Executive director Vicki Stroich says Alberta Theatre Projects' corporate sponsorship dollars have dropped 70 per cent.
THE CANADIAN PRESS

Calgary ranks among the lowest in Canada when it comes to municipal grants for the arts, said Patti Pon, who leads the city's arts development organization. Data compiled by Calgary Arts Development shows the city gets $6.50 per capita in ongoing grant funding, which excludes capital investments. By contrast, Vancouver gets $19.36.

In boom times, the disparity wasn't a problem because of the corporate sector's generosity. Now, there's only so far arts outfits can stretch their dollars. "I think we're at that point where it's going to snap. It's going to break," said Pon.

Some of the city's main arts players met recently to discuss their collective challenges and the appeal they plan to make to the city.

Colleen Smith, executive director of Theatre Calgary, said her company is not in as dire a situation as ATP, but she's worried about the tight-knit theatre community as a whole.

"It's a bad situation and I really fear that if we don't rectify what's happening right now, we can lose some significant organizations in the very near future."
THE CANADIAN PRESS

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JOHANNA SCHNELLER WHAT I'M WATCHING

Musicals brought to new generation

THE SHOW: The Late, Late Show with James Corden, Wed. March 22 (CBS)
THE MOMENT: The medley

James Corden. CONTRIBUTED

Josh Gad, star from Broadway's The Book of Mormon and the new film Beauty and the Beast, begs to be James Corden's co-host. They begin sing-arguing to the tune of the film's Little Town, then swing into Gaston ("No one jokes like Josh Gad/delights folks like Josh Gad," Gad sings. "No one gets up on stage and then chokes like Josh Gad," Corden rebuts), and finally, "Be Our Guest."

"Be my guest, be my guest/it's a plea you can't protest," Corden sings. "Smile your pearly smile/Oh I bet you brush with Crest/Josh Gad knows what to do/Puts the 'you' in interview/Talk about your shoes from Gucci or your scenes with Stanley Tucci."

The camera swivels to the audience. Gad high-kicks down the risers with a host of leggy dancers. "Step by step, bit by bit/Lift my mug and take a sip/Thanks for having me/I feel so Hashtag Blessed."

"So Josh Gad, have no fear," Corden sings, "Sit next to Judy Greer –"

"And be his guest!" sing the dancers, twirling and kicking.

"OK!" Gad crescendos, as confetti falls, "I'll. Be. Your. Guest!"

Corden is on late. The oldsters who grew up with musicals have gone to bed. Which means he's bringing an entirely fresh generation to the form.

He's successful at it because he pokes at the impulse behind musicals, mixing irony and comedy into their sincerity, much like Family Guy does in its (often scathing) musical numbers. La La Land feels like old thinking about song and dance. Corden is onto something new.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Startup incubators take studies out of classroom

UNIVERSITIES

Programs offer hands-on learning, mentorship

Megan Haynes
For Metro Canada

Everyone told Matthew Watkinson that his business idea was crazy. What sort of money would there be in selling tiny wheels for miniature skateboards you operate with your fingers?

But the then-28-year-old Brantford, Ont. native was at the end of his rope: Without a high school diploma, his options were limited. Out of work, he was living with his parents and was looking for something — anything — to help him get out of debt. He went to the local business centre to see if his idea of supplying the fingerboard community with mini wheels was viable. It was, they said. To help him develop the idea further, the business centre pointed him to an entrepreneurship incubation program at Wilfrid Laurier.

At LaunchPad, he spoke with potential clients and suppliers about the potential of his idea. He also worked with a mentor and other early-stage startups. At the end of eight months, he launched his first business, Joycult, selling mini wheels online.

Two years later, his business is pulling in shy of six-figures per year. And at 30, he's purchased his first home.

Universities across the country have launched startup incubation programs as they seek to diversify learning out of the classroom. Most programs target current and former students, alumni and sometimes locals in the community, offering hands-on learning, mentorship, resources and even financial support.

At Wilfrid Laurier, LaunchPad originated as a way for students to receive course credit, says Tom Ebeyer, co-ordinator of incubation and new ventures at the university. Demand was high and in 2014, it transitioned into a standalone program for students and members of the community.

In two years, Matthew Watkinson turned his idea of selling tiny wheels for miniature skateboards into a business pulling in nearly six-figures per year. CONTRIBUTED

Seventy-five people filter through the program each year, and ideas span tech, like new apps or hardware, to niche consulting businesses and novel retail ideas. Like Watkinson, students are paired with a mentor, participate in group sessions, conduct interviews that prove their business model has merit. They also develop a business plan.

Universities have been subject to criticism in recent years that programs do little to prepare students for life outside academia. Part of Laurier's goal with LaunchPad is to provide more hands-on, real world experience to address that concern, Ebeyer says.

> **There's so much intellectual property and ideas and untapped potential**
> Barry Yates, University of British Columbia

What's more, entrepreneurship is increasingly attractive to prospective students, says Barry Yates, managing director of Entrepreneurship at the University of British Columbia (e@UBC), an incubation and funding program available for students, faculty and alum at the Vancouver school. Schools with programs targeted at startup-hopefuls provide a differentiator when people are choosing a school, he says.

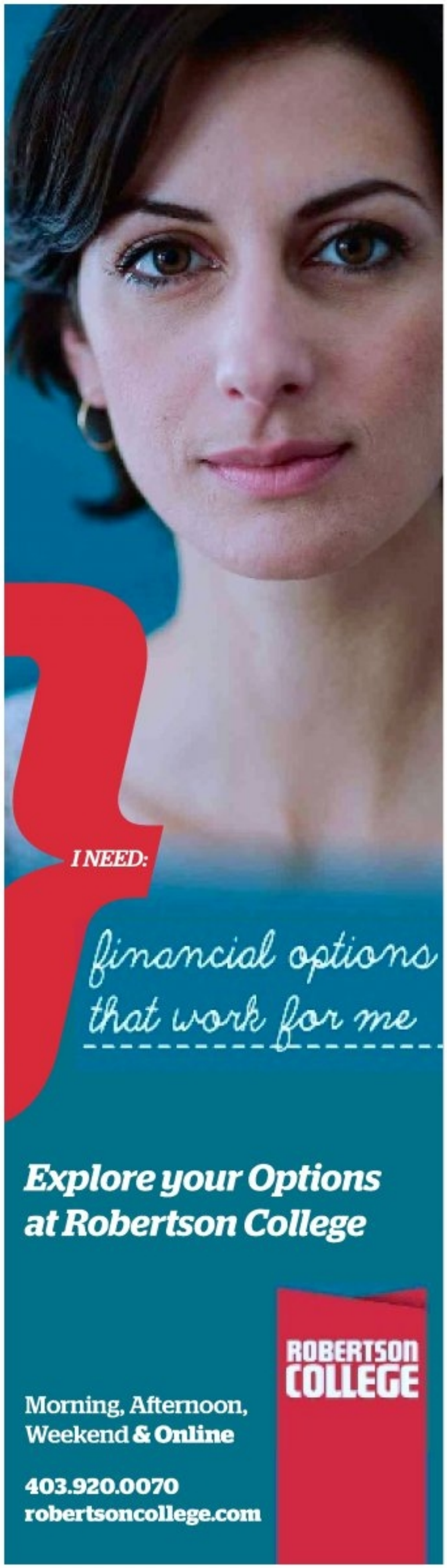
And while universities have not traditionally participated in the startup culture, he says, that's changing as institutions recognize there's a large untapped opportunity in students' and faculties' research.

"UBC spends $600 million on research annually and has more than 6,000 researchers," he says. "There's so much intellectual property and ideas and untapped potential. Marrying that with entrepreneurs and giving (e@UBC participants) the opportunity to take these ideas and commercialize them is hugely compelling for both the university and community here."

+ INCUBATORS

Universities capitalizing on startup incubator craze.

- **Halifax:** Dalhousie – ideaHUB
- **Montreal:** McGill – McGill Lean Startup
- **Ottawa:** University of Ottawa – Startup Garage
- **Waterloo:** Wilfrid Laurier – Launchpad
- **Waterloo:** University of Waterloo – Velocity
- **Edmonton:** University of Alberta – TEC Edmonton
- **Vancouver:** University of British Columbia – e@UBC



YOU CAN DO THIS SECURITY MANAGER

Job touches every part of hotel

Michael Tadros, 28, security and loss prevention manager, Hazelton Hotel, Toronto.

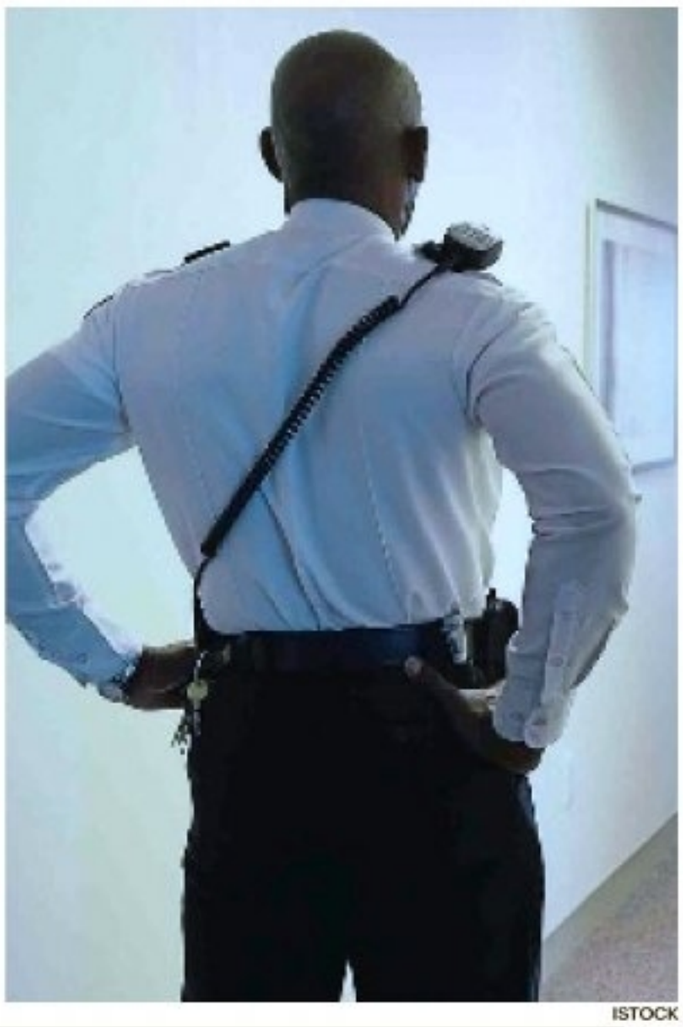
WHY I LIKE MY JOB

Originally the plan was to be a police officer, but that changed once I got into hospitality. I did the Police Foundations program – policing 101 – at college. We learned about community policing, public relations, victim services and did crisis management training. You don't have to go through that program to be a security manager, but there's a benefit because you learn about structural security – like how to monitor doors, etc. It gives you a bit of a head-start. We're also expected to be certified in CPR, first aid and emergency defibrillator as well as be familiar with fire protocol.

At first, I worked for Brinks, the armoured car company, doing logistics. I was naturally drawn to the customer service aspect of hospitality so that's how I ended up in the hotel world. I started at the Shangri La setting up the security system and processes, before moving into my current role.

Day to day, security staff are expected to do patrols, monitor security cameras and respond to hotel staff, guests and residents' emergency requests.

Security is the type of job where you get to interact with every department, every employee. It touches every part of the hotel. Each day, I do something different, and work with different people, which I love.



ISTOCK

THE BASICS: Security Manager

$65,899

Median annual salary for an intermediate-level security manager. Those with advanced training and experience can earn upwards of **$119,000** a year.

+4%

The amount of growth expected in this field over the next eight years.

Data for this feature was provided by nahb.ca, onetonline.org, payscale.com, mcsc.jus.gov.on.ca and guardacademyontario.com

HOW TO START

There are a number of ways to get into the security management field. The Police Foundations programs at colleges like Algonquin or Humber, are common entry points, while some post-secondary institutes, like the University of Calgary or Mohawk College, offer diplomas and certificates specific to security management. Private institutes also offer security guard training. Students can expect to get an introduction to security theory, as well as an overview of the Canadian legal system, health and safety regulations, and use of force regulations. They also receive hands on use-of-force and communication training.

Each province regulates security guards differently, but all require a basic training course offered by private institutions, accredited colleges or accredited online programs, and require applicants to be 18 years old with a clean criminal record. They must also pass a written test in order to be licensed.

WHERE YOU CAN GO

There are opportunities across the country in security management. Private security firms, like Brinks or Garda Security operate in most major cities, while corporations, condos, hotels, malls, hospitals and other institutions often employ their own security details.

WALL STREET

Is statue art or marketing?

Should the Fearless Girl stand up to Wall Street's charging bull forever?

That's the question New York City officials are facing after a statue of a ponytailed girl in a windblown dress went up in front of the bronze bull early this month and immediately became a tourist draw and Internet sensation.

What was intended as a temporary display to encourage corporations to put more women on their boards is now getting a second look in light of its popularity, which has spawned an online petition seeking to keep it.

But does keeping the girl past her scheduled April 2 deadline forever alter the meaning of the bull? After all, the 11-foot-tall, 7,100-pound bull has been hugely popular in its own right; it was placed in a lower Manhattan traffic median in the wake of the 1987 stock market crash as a symbol of Americans' financial resilience and can-do spirit.

Some fans of the bronze girl already see the bull much differently. "The bull represents men and power," says Cristina Pogorevici, 18, a student from Bucharest, Romania, who visited the statues this past week. "So she is a message of women's power and things that are changing in the world right now."

Pressure is mounting on New York City to let the Fearless Girl statue stay. THE ASSOCIATED PRESS

Holli Sargeant, 20, a visitor from Australia, says the four-foot-tall, 250-pound bronze girl "is standing up against something and we see her as powerful image. She represents all the young women in the world that want to make a difference."

Such shifting perceptions of the bull – from American hero to villain of sorts – outrage bull sculptor Arturo De Modica, who wants the girl gone.

He dismissed Kristen Visbal's statue as nothing more than "an advertising trick," noting the bronze was a marketing effort on the eve of the March 8 International Women's Day by Boston-based State Street Global Advisors and its New York advertising firm, McCann.

As for his bull, "I put it there for art," the Italian-born sculptor told MarketWatch, which first reported his anger. "My bull is a symbol for America. My bull is a symbol of prosperity and for strength."

Visbal, the artist behind the girl statue, said she could not comment without the permission of State Street Global Advisors, whose spokesman did not return phone calls.

A spokesman for New York City, which controls public art in the area, did not say when a decision would be made. Mayor Bill de Blasio has said only that he would try to prolong the girl's presence, but has not yet said whether she could stay permanently.

THE ASSOCIATED PRESS

CALGARY SENIORS' HOUSING SOCIETY

A service to help seniors age in place

ISTOCK

For many seniors, their communities are their lives. Their neighbours, markets, community associations, bakers, and doctors are all within a navigable distance — and most don't wish to leave their communities.

But with age, challenges can sometimes crop up — decreased mobility, decreased ability to care for one's property and financial issues that can threaten a senior's ability to remain at home.

Calgary Aging In Place, a not-for-profit service cooperative, was founded in 2015 to support seniors in remaining in their homes, providing help locating and vetting non-healthcare related services such as home repair, landscaping, house cleaning and roofing, along with assistance with the necessary paperwork for building secondary suites.

"It's like AMA, but for your house," says Lindsay Luhnau, chair of the co-op's board.

People sign up for annual $60 memberships.

There are two tiers — the first ensures any services providers sought by members are thoroughly screened — criminal records, insurance and references checked. All service providers must become co-op members, too.

The second membership tier includes help with land-use re-designation and permit applications for developing secondary suites, along with assistance with finding and managing tenants.

MORE ONLINE

Look out for the next installment of this feature on May 29. Can't wait until then? Visit us at seniorshousingnow.ca.

"The nice thing is the contract the tenant has is with the co-op and not the homeowner, so if there are any disputes, we can help with that. We collect the rent, and the tenant asks us to do repairs," Luhnau says.

Luhnau was moved to action to find solutions for seniors after her own grandmother, who lived in Ogden all her life, fell, went to hospital, and was never able to return home because the house was no longer accessible.

"It would have been the same price for them to pay for a caregiver than for her to go to a long-term facility," Luhnau says.

Secondary suites can eventually be turned into caregiver suites, and seniors could conceivably invite in a roommate or two to share the cost of a caregiver. "The Baby Boomers are aging, so we do need some creative solutions," Luhnau says. For more information on CAIP, go to calgaryaginginplace.ca.

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Supporting homeowners

As the country's population ages, there is a growing focus on senior homeowners and how they can be supported in their living spaces as their needs shift.

There are a number of resources available to seniors that wish to modify or renovate their homes to make them accessible as they grow older.

"It's important for people to think about checklist of improvements — not necessarily what they need now, but what they may need in a few years," says Anita Hofer, director of development for Accessible Housing Calgary, a nonprofit whose mission is to help open doors to homes that are accessible and affordable for people with limited mobility.

The organization can help connect people with age, condition and disease-based funding to help assist with home modifications.

These programs include:

• The Residential Access Modification Program (RAMP), which provides grants up to $7,500 annually up to a maximum of $7,500 in a 10-year period for lower-income Albertans with mobility challenges modify their homes.

• SHARP (Seniors Home Adaptation and Repair Program), supplies low-interest home equity loans to help finance repairs, adaptations and renovations, up to a maximum of $40,000 to seniors and senior couples with a total annual income of $75,000 or under, who have at least 25 per cent home equity.

• Residential Access Design (RAD) Renovations helps Calgarians with limited mobility live safely in their homes and communities. Applicants who qualify for the RAMP program are supplied with free architecture and barrier-free design expertise, and resources such as the donation of labour, building materials and construction management throughout the renovation process. Homeowners ineligible for the RAMP program may still qualify, depending on circumstances.

ACCESSIBLE HOUSING CALGARY

Common renovations to make homes more accessible include the addition of ramps to front doors, door widening to accommodate wheelchairs and walkers, or the addition of a porch or stair lift for those that find navigating stairs or ramps difficult.

Flooring improvements such as the removal of carpeting provide smoother and safer surfaces. Bathroom renovations may include grab bars and roll-in showers.

"By 2019, we anticipate there will be 200,000 Calgarians living with a disability that impacts their ability to get around, and we know that just 3 per cent of housing is accessible and affordable. There are definitely some creative solutions working within the home to modify and adapt them," Hofer says. For more information, go to accessiblehousing.ca.

Forum sheds light on seniors' housing issues

The annual Senior Housing Embracing Change session will be held April 8 to help seniors and their families get information and make decisions about housing. As we grow older, many changes and challenges can take place. We can enhance our quality of life by embracing the many Changes that take place with some planning and research. The information session — brought to you by the Calgary Seniors Housing Forum Society and the Confederation Park 55+ Activity Centre — brings a number of seniors' housing experts together in one place and seniors and their family members are encouraged to talk to the experts on a more comfortable and personal level.

Experts that are knowledgeable about a variety of senior housing, services and supports will available to answer questions.

The April 8th event will include the following topics:

- Seniors Housing Options in Alberta – information on all types of housing for seniors, retirement living, supportive living, long term care
- Embracing Technology – many seniors are getting left behind. Technology can enhance quality of life and provide greater access to resources
- Becoming Resilient – many changes can take place as we age (e.g. physical, social, emotional, financial). Understand how to successfully address these challenges and the importance of advocating for oneself
- Transportation – Getting Out & About. If you can no longer drive safely or afford to operate a car what options are available? Creative discussions & options on transportation for Seniors.

ACCESSIBLE HOUSING CALGARY

Calgary Seniors Housing Forum Society (CSHFS) is a not-for-profit society established more than 13 years ago, our mission: "To provide current and relevant information regarding seniors housing, resources, and supports that contribute to successful aging."

The Confederation Park 55+ Activity Centre is a not for profit organization that provides educational, recreational and outreach support programs as well as special services to members of the community who are 55 years of age, and older.

This free, annual event usually attracts a full house. Limited seating. Registration is required — call 403-289-4780

Seniors games a chance for competitive excitement

When it comes to vying for medals in competitive events, seniors deserve a sporting chance.

The challenge and excitement of competition, the motivation to stay fit and active and the thrill of victory are no less powerful just because there's grey hair on the participants' heads.

For proof, you don't need to look any further than the All Seniors Care Senior Games and the Alberta 55plus Games, two events that show age is no barrier to intense competition.

All Seniors Care is a national company with 29 seniors' residences across the country, including two in Calgary. Eight years ago, the company launched its Senior Games, taking place each February. Competitions run on the same days in All Seniors Care residences nationwide, with local and national gold, silver and bronze medals awarded.

"The Senior Games have become an annual weeklong showcase of the active and vibrant lifestyle our residents enjoy," says Joshua Kuhl, senior executive vice-president of operations for All Seniors Care.

The games feature competition in games and sports including indoor bocce, golf and bowling. The latter two take advantage of the Nintendo Wii game system's motion-detection technology, which allows a full, active sporting experience in an indoor setting.

The games kick off with an opening ceremony and a non-competitive walk. "We

ISTOCK

get many political leaders and dignitaries attending, so these events are staggered at each building throughout the day," says Bruce Lillie, regional marketing director for All Seniors Care.

Participants are generally 75 and up, but age doesn't dim the thrill of victory: "I've never won anything in my life, and to be at this point and be awarded [locally] and in Nationals is an incredible feeling," said one of this year's bronze medallists. Added another participant: "Better start practising for next year!"

Meanwhile, the Alberta 55plus Games 2017 provincial playoffs are set for Aug. 10 and 11 in Calgary. The event focuses on the more active sports offered by the Alberta 55plus association, including badminton, five-pin bowling, golf, horseshoes, hockey, slo-pitch, pickleball, swimming, track and field, cycling and tennis.

If you'll be at least 55 by Dec. 31, 2017, and are interested in participating, call Guglielmin at 403-289-0352.

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Home care services an important social support

It's no secret that home care services can greatly extend the ability of seniors to live independently. Supporting health and wellness within clients' own homes can help improve their quality of life and ease the pressure on residential care facilities.

But what about the social implications of living alone — especially for seniors who are widowed or single? That's where home care providers can fill a need that goes beyond the medical and technical.

"Living at home can be really isolating," says Zabin Jadavji, owner-operator of the Calgary office of Right At Home, a global home care company founded in 1995. "One of the reasons we are brought on is that we provide a companion, someone to have a conversation with — and that caregiver is also able to observe and see if needs have changed."

Friendship and help with daily tasks are key needs for aging people, says Maria Laura Frauwallner, owner of the north Calgary location of ComForCare Home Care, also an international company.

"There are a lot of clients who need some extra help, and the idea is to be a kind of personal assistant and a friend. Companionship is important," Frauwallner says. "Even many clients who don't really need help at home still need someone to talk to. That's the most important thing — having someone who knows you, knows your preferences and is willing to talk to you, watch a movie, listen to music."

Both Jadavji and Frauwallner go to great lengths to find the right match between client and caregiver, with shared interests and common ground in mind.

"If they develop a relationship, the resistance to care goes away," Jadavji says. "We do a lot of work up front on that."

Seeing clients regain joy in life through spending time with someone who really "gets" them is the greatest reward for caregivers, she says.

"We make a difference in the quality of life of the people we work with. It's great when a family member says, 'You made my mom enjoy her life again.'"

Adds Frauwallner: "The idea is to really create relationships with clients. We become part of their family, so they feel comfortable, happy and respected. The client is our most important person."

Frauwallner's team at ComForCare includes a registered nurse, but the company focuses mainly on non-medical services such as personal care and hygiene, grooming, dressing, food preparation and taking clients out for shopping and events.

Right At Home, meanwhile, provides a full spectrum of care, "from homemaking and companionship to skilled nursing and therapy," Jadavji says. "The need for the social aspect is being increasingly recognized."

That recognition, along with our aging population, points to an increasing demand for home care services, and Frauwaller feels that more providers will soon be needed. "I know there is

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going to be a gap. Here in Calgary there are a lot of companies that provide home care, and that's a good thing, but I definitely see a growing industry. And if you do this job with your heart, it will be very rewarding."

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metro SPORTS

Valerie Grenier won the Canadian women's giant slalom title on Sunday on her hometown hill in Mont Tremblant, Que.

Homan rink dominant at world championship

CURLING

Canada wins all 13 of its matches en route to gold

Canada's Rachel Homan knew there would be pressure heading into the final of the 2017 world women's curling championship.

Not only was Homan trying to erase past personal disappointments in her third appearance at the championship, but her Ottawa rink was being counted on to erase Canada's lengthy title drought. The fact that Homan advanced to the final without dropping a match only heightened expectations.

> **No matter who represents us (at Olympic) trials are going to be tough.**
>
> Rachel Homan on the Roar of the Rings Olympic qualifying tournament, Dec. 2-10 in Ottawa

Homan and her teammates — vice-skip Emma Miskew, second Joanne Courtney and lead Lisa Weagle — responded with a textbook 8-3 win over Russia's Anna Sidorova in Sunday's final, giving Canada its first women's world championship in nine years and adding more steam to Homan's momentum heading into this year's Olympic trials.

Scotland's Eve Muirhead captured the bronze medal, beating Sweden 6-4 earlier Sunday.

After an open first end, Canada put the pressure on Russia with two points in the second end and a steal of one in the third before cruising to a comfortable victory.

"We made sure to keep together and obviously there's a lot more pressure in that final," Homan said. "We've lost that one and its tough, and we wanted to make sure we were doing exactly what we were doing all week, because we knew that would lead us to the win.

"Some tough breaks by their team cost them a few points but other than that we had a strong game. I'm really proud of my team."

Homan's undefeated run in Beijing — Canada won all 13 of its matches — came on the heels of her 12-2 run to the Canadian women's title last month in St. Catharines, Ont.

"We've had an incredible second half of the season, and to top it off this way feels amazing," Weagle said.

"It feels amazing for Canada. We haven't won it in quite a while so we're very proud of ourselves and we're so grateful for the support we've received.

"For sure there were butterflies but we get excited when we get nerves like that."

Canada's last championship came in 2008, when Jennifer Jones was victorious in Vernon, B.C. Homan had two previous attempts to break Canada's drought but settled for bronze in 2013 in Riga, Latvia, and silver the next year in Saint John, N.B.

"We've come up short and it never feels good to come up short when you're representing Canada," Homan said. "We really wanted to bring back gold for Canada this time. It's been a bit of a drought and we wanted to make a statement going into the Olympic year."

Sidorova has now lead Russia to four straight medals, though this was the country's first appearance in the final. Russia finished third in the previous three tournaments.

"It's always tough when you lose, especially when it's the final but you know what, it's history for my country," Sidorova said. "It's a pity we didn't play well today ... but it was a great experience for us, especially heading into the Olympic Games." THE CANADIAN PRESS

Lisa Weagle, left, Joanne Courtney, Emma Miskew and Rachel Homan accept the championship trophy after defeating Russia on Sunday in Beijing. ANDY WONG/THE ASSOCIATED PRESS

NCAA TOURNAMENT

Maye Day at March Madness

Luke Maye hit a jumper with 0.3 seconds left, and top-seeded North Carolina held off Kentucky 75-73 to earn the Tar Heels' second straight trip to the Final Four and 20th all-time in Sunday's showdown of college basketball's elite in the South Regional.

The Tar Heels (31-7) will play Midwest champ Oregon on Saturday in Glendale, Ariz., in the national semifinal.

North Carolina took control with a 12-0 run within the final five minutes. Kentucky's freshmen De'Aaron Fox and Malik Monk hit three quick threes, the last two by Monk and his second with 7.2 seconds left tied it up at 73.

SUNDAY In Memphis

UNC	KENTUCKY
75	73

Theo Pinson brought the ball down, passed back to Maye. The sophomore knocked it down for the win with his feet on the three-point line.

The Wildcats had one last chance, but Derek Willis's inbound pass went out of bounds on the far end.

Kentucky (32-6) will miss out on the Final Four for the second straight year.

Earlier Sunday in New York, South Carolina earned its first trip to the Final Four with a 77-70 victory over Florida.

South Carolina will face Gonzaga on Saturday.

THE ASSOCIATED PRESS

GOLF

Johnson caps sweep of WGC tourneys

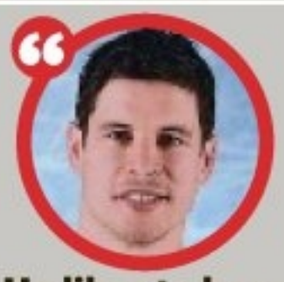
Dustin Johnson reacts after winning the Dell Technologies Match Play on Sunday. DARREN CARROLL/GETTY IMAGES

Dustin Johnson became the first player to sweep the World Golf Championships with a dominant week that included more drama that he needed in the Dell Technologies Match Play.

Johnson escaped a furious charge by Jon Rahm when the 22-year-old Spaniard failed to birdie the 18th hole.

Johnson's 1-up victory capped a week in which he never trailed in any of his seven matches, and he led in 105 of the 112 holes he played. THE ASSOCIATED PRESS

IN BRIEF



> **He likes to hear himself talk.**
>
> Sidney Crosby's response to Sens owner Eugene Melnyk calling him "a whiner beyond belief" after Crosby broke defenceman Marc Methot's finger with a slash Thursday.

FORMULA ONE

Vettel and Ferrari knock off Mercedes

Sebastian Vettel broke Ferrari's Formula One drought with a victory over the Mercedes team of Lewis Hamilton and Valtteri Bottas on Sunday at the season-opening Australian Grand Prix in Melbourne.

Ferrari hadn't won an F1 GP since Vettel's victory in Singapore in 2015, and so his leap up onto the top of the podium at the finish in Australia signalled renewed confidence from him and perhaps an end to the domination Mercedes has forged in recent seasons.

Vettel finished almost 10 seconds clear of Hamilton. THE ASSOCIATED PRESS

DUD IN DEBUT

Canadian teenager Lance Stroll didn't make it to the finish in his debut for Williams, retiring after an eventful 40 laps around the Albert Park circuit.

North Carolina's Luke Maye, centre, celebrates with teammates after making the game-winning basket. KEVIN C. COX/GETTY IMAGES

MAKE IT TODAY

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Ceri Marsh & Laura Keogh
For Metro Canada

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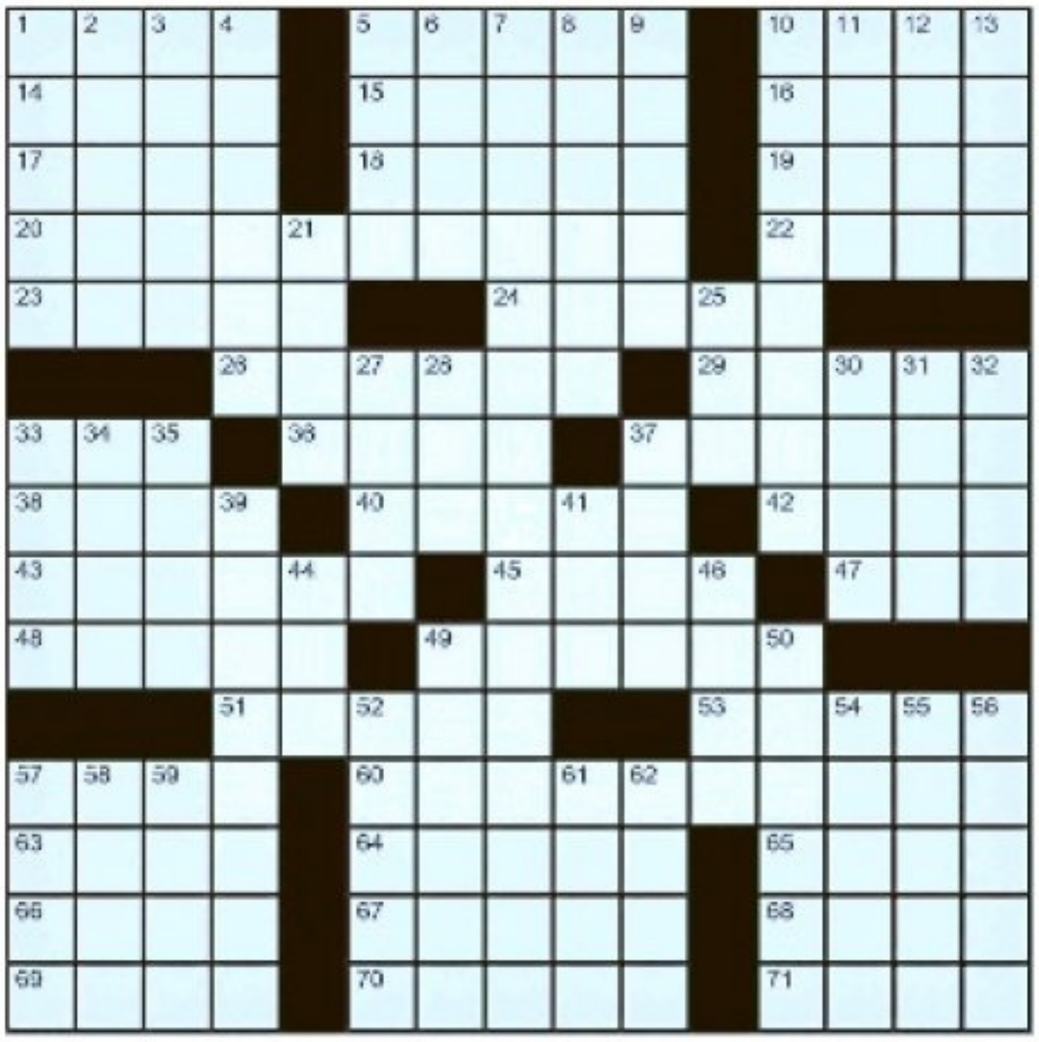
BY KELLY ANN BUCHANAN



ACROSS
1. Hockey movie, "_ Shot" (1977)
5. Carbonated drinks
10. Character for Elizabeth McGovern on "Downton Abbey"
14. Musician Mr. Puente
15. "_ _ have it!" (Bidder's exclamation)
16. Word in a Grimm opener
17. It means 'Soil'
18. _-_ knife
19. Mr. Trotsky
20. 2017, Year of _ _
22. Go Detail link
23. War horse
24. 50 Cent album: 'Get Rich or Die _"
26. Big name in sunglasses
29. Sir Paul McCartney's nickname
33. 'My' in Quebec, plurally
36. Dog's disdained delivery!
37. As per #7-Down, Red Green's nerdy nephew
38. Air kiss sound effect!
40. Canuck flappers
42. "_ and _" by Lady Gaga
43. Pull the vampire's teeth
45. _ in the road
47. Sanction
48. "Me, Myself & _" (2000)
49. The _ = Bilbo Baggins
51. Balk/hesitate
53. Engage in henpecking: 2 wds.
57. Count on
60. Toronto-born portrayer of the title character of "The Red Green Show": 2 wds.
63. Studied-for undertaking
64. Lake Erie community in Ontario, Port _
65. No word of _ _ (True)
66. Cotton variety
67. Make hair stand _ _
68. Thailand neighbour
69. Eminem tune
70. Opera _ (Opera style that's serious)
71. Anglo-Saxon toiler

DOWN
1. RBIs, e.g.
2. Illuminator
3. "If _ _ Falls" by Bruce Cockburn
4. Less loaded
5. TV news hour, _ _'clock pm
6. Grannies, in Germany
7. 2002 Red Green movie comedy starring #60-Across: 3 wds.
8. Sailor's 'backward'
9. "Love _" (1970)
10. "MasterChef Canada" = _ competition show
11. Candid
12. Origin
13. Cornerstone word
21. Singer/actress Aubrey
25. "_ _ Believer" by The Monkees
27. Safecracker
28. Quebec 'wheat'
30. Not ruffled
31. Sleuth's lead
32. Mine entrance
33. Caesar's 2501
34. Washstand vessel
35. Home free
37. Dill or mint
39. As per #60-Across... Red Green's gig
41. Shed many tears
44. Born, in a wedding announcement
46. Families
49. 'Snappy' words in football...
50. Steamed-in-corn-husks dish
52. Early platform for PCs
54. Monster lizards
55. 'Tempt' suffix
56. Foo Fighters tune: "Times Like _"
57. VP Mike Pence, et al.
58. Leave
59. The Dalai _
61. "_, vidi, vici."
62. Earth goddess in Richard Wagner's opera Das Rheingold

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you feel sensitive to others today, you might use your money or something that you own to help someone. (Meanwhile, being kind will make you feel happy!)

Taurus April 21 - May 21
You feel inspired to be the best that you can be today. You also know that being the best means benefiting others as well as yourself.

Gemini May 22 - June 21
You will put the needs of someone else before your own because it makes you feel good. It's just one of those things; you want to take the high road.

Cancer June 22 - July 23
If you are in competition with others today, you won't be too fierce, but you won't be a wimp, either. You want what is best for the greatest number of people.

Leo July 24 - Aug. 23
If you are talking to parents and bosses today, you will show them ways that work out best for everyone. It's quite likely that they will be impressed with your insight.

Virgo Aug. 24 - Sept. 23
You might want to study religion, yoga or meditation today, because you are interested in something "different." You want to expand your experience of life.

Libra Sept. 24 - Oct. 23
You will be reasonable if dealing with an inheritance or if deciding how to share something today. You understand that good business is mutually beneficial.

Scorpio Oct. 24 - Nov. 22
If you can help a partner or close friend today, you will. In fact, you are even willing to compromise with a person who is an enemy or a frenemy. (That's the toughest!)

Sagittarius Nov. 23 - Dec. 21
You will find it rewarding to help someone at work today, and because you extended this person a helping hand, you will feel good about yourself. Life works that way.

Capricorn Dec. 22 - Jan. 20
If you can help children today, you will get great satisfaction in doing so. Playful activities, social outings and sports events will be pleasant.

Aquarius Jan. 21 - Feb. 19
You want to help a family member today, especially because there's been chaos and activity at home. Someone will appreciate your offer to help. Family is gold.

Pisces Feb. 20 - March 20
You can influence others today by setting a great example for them. Your ability to be caring and positive will be noticed by others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		1			4	8	2	
			6	1				4
4		6						7
	2		9		1			8
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9				8	3			
	4	8	2			5		3

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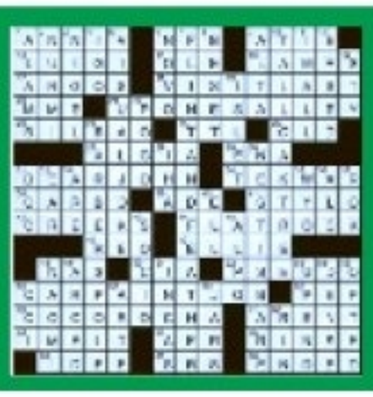
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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8	2	4	1	5	3	7	6	9
6	3	5	7	8	9	2	4	1
1	8	9	3	2	7	4	5	6
4	5	7	9	1	6	3	2	8
3	6	2	5	4	8	1	9	7

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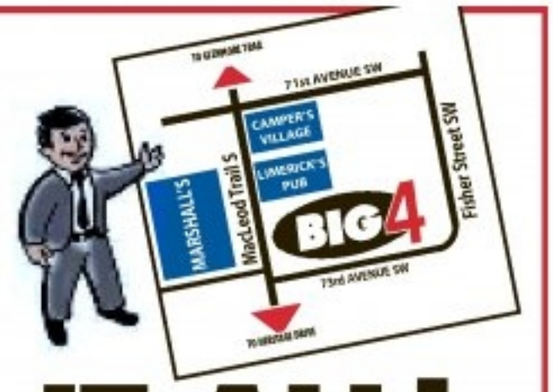

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